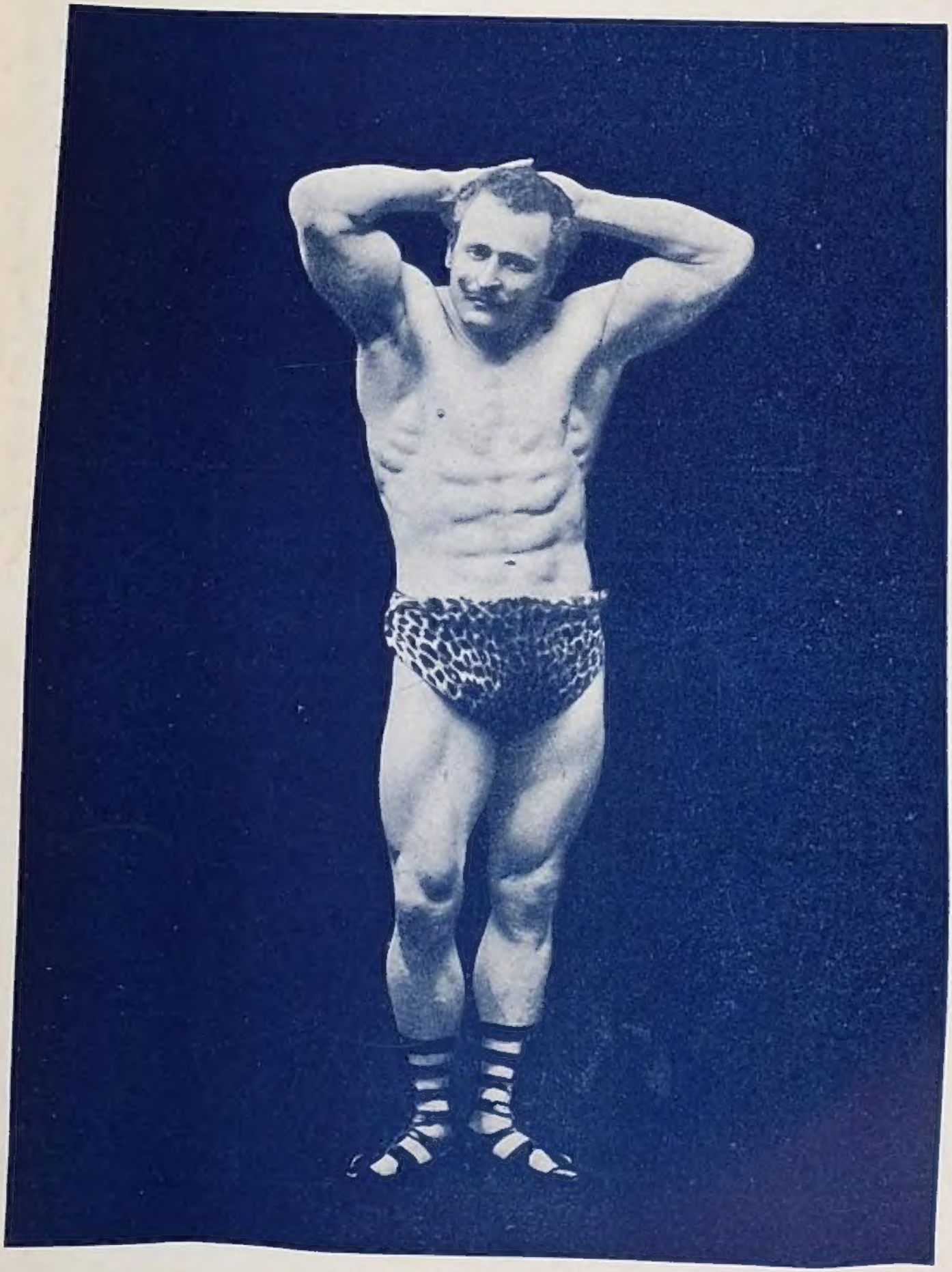
SANDOW'S MAGAZINE

2d. OF PHYSICAL CULTURE. 2d.

May 17th, 1906.



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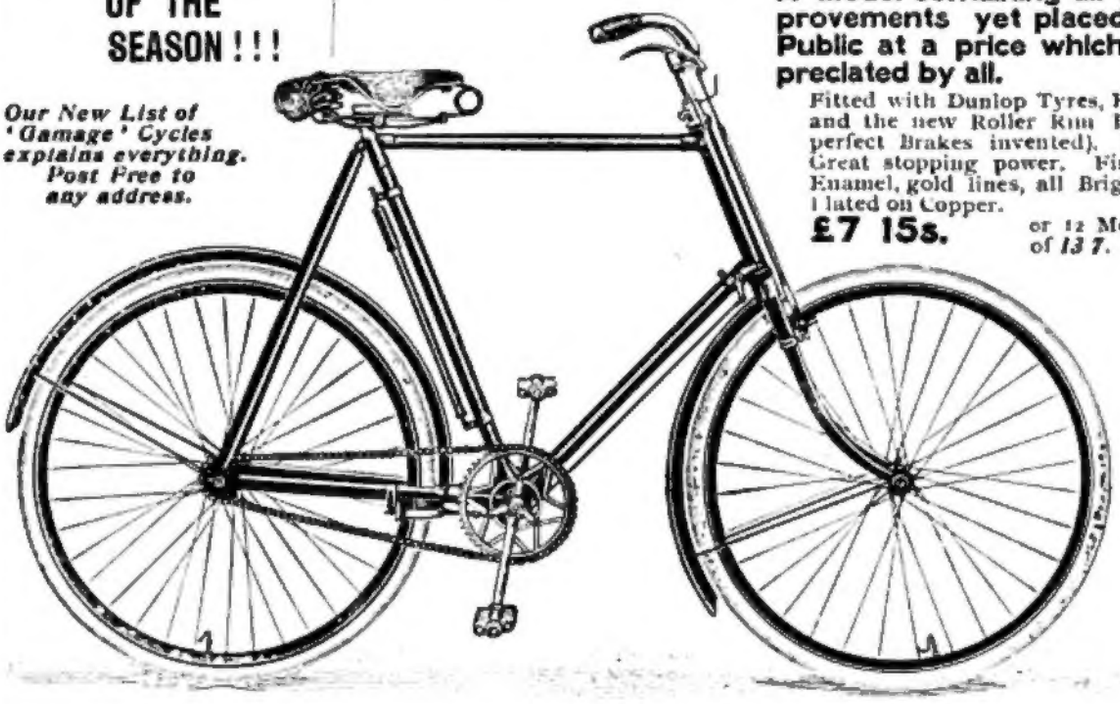

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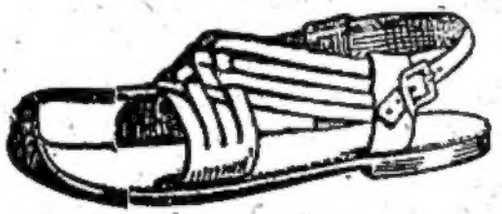

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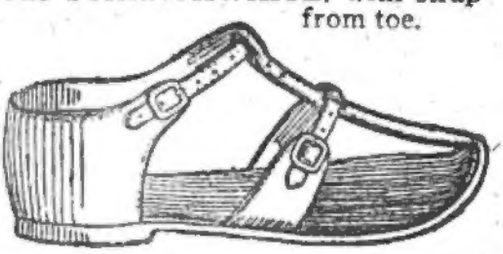

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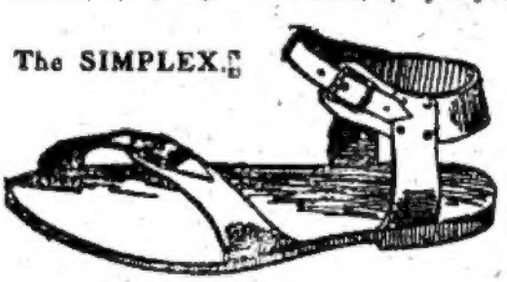

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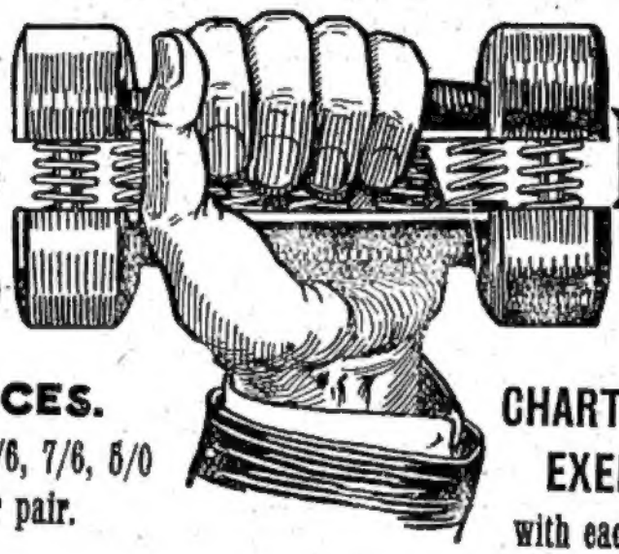

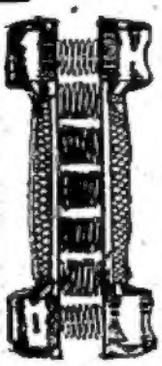

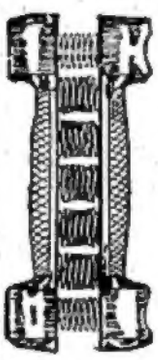

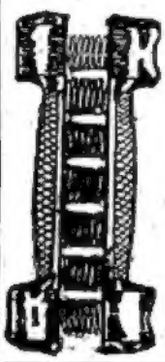

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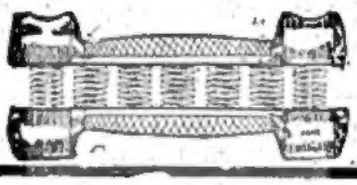

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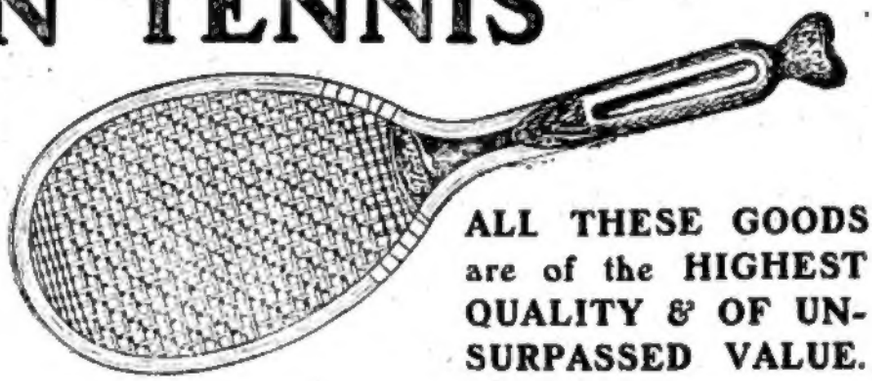

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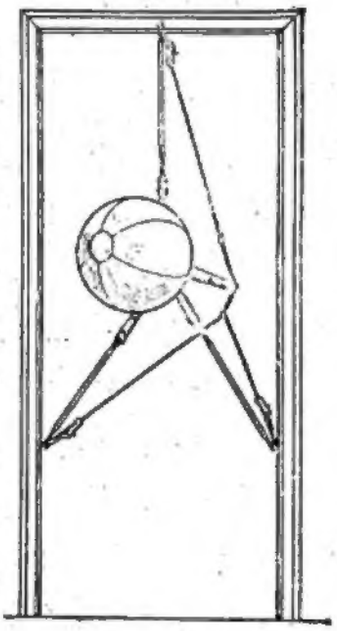

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... OF ...

PHYSICAL CULTURE.

Editor: EUGEN SANDOW.
Assistant Editor: FRANK PINK.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

Is British wrestling dead? The recent contest between two foreign wrestlers has set chins a-wagging and pens a-scribbling, and there is a sound of lamentation in certain places because England can produce neither a Hackenschmidt nor a Madrali. "Except in the North of England," says the *Observer*, "wrestling has gone out of fashion, and, like archery, may be said to be a dead sport." I venture to disagree. A visit to any of the physical culture schools or gymnasiums would prove different. In an amateur way there is plenty of wrestling still in England, but it is not taken up in the same way as the Japs, the Indians, or the Turks do, as a serious profession, and, indeed, a part of the national life.

o——o

On the Continent, too, it is more of a national sport than in this country, and professionalism is rampant. It is, indeed, in some countries what football and cricket are in this, and the result is that foreigners generally win in professional encounters. But there is still plenty of amateur wrestling in this country, although I should like to see this sport take a more prominent part at outdoor athletic gatherings. As a writer in the *Globe* says: "There is no finer or more exciting athletic competition than one of those inter-county bouts which Charles Kingsley and Blackmore described so admirably."

o——o

The appearance of a man like Hackenschmidt has done much to revive the waning interest in English wrestling, and if only for that reason alone, we might be glad of his appearance in this country. But it is better, after all, that the majority of those who take up wrestling as a sport in this country confine their efforts to the village fields or their physical culture schools. The average music-hall wrestling bout is, after all, but a sorry farce.

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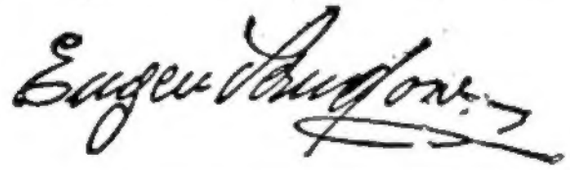
I would just like to utter a word of protest against the note of militarianism so often associated with physical training. Many of those who are giving valuable support to the physical education movement seem to emphasise too much the increase of fighting value as the *ultima Thule* of physical training. I am a believer myself in the value of military training for young men, but the two subjects should not be associated together. It is not to make a man a good soldier so much as to make him a good citizen that is the aim of physical training. By all means, let us have military training, as well as physical training, but don't let the two be confounded.

o——o

In my opinion, physical education should aim at building up nerve, muscle, and mentality, so as to make a man fit to realise and perform *all* the duties of a good citizen, not to one solitary duty—for it *is* every man's duty—of fighting for his country in the hour of danger. What the nation needs is sound bodies, clear brains, sensitive consciences, and a high appreciation of the duties of citizenship as well as its rights.



Burns on Beer.

"I would welcome any movement that would give a 5 ft. 7 in. father a 5 ft. 9 in. child."

Amid laughter the Right Hon. John Burns made this statement in the House of Commons recently, when dealing with the housing question. The vision of this infantile Goliath provoked much merriment.

"Well, say in twenty years' time," Mr. Burns quietly rejoined. "And yet length is not everything," he contended. "Much is to be said for a good broad chest measurement." In illustration whereof the teetotal, non-smoking, athletic President of the Local Government Board flung back his own broad shoulders.

"If you can convert the Chancellor of the Exchequer, 'Barkis is willin','" said Mr. John Burns. He was ashamed that in fifteen years rural councils had built only thirty-two new cottages. He intimated his intention to "stir up" these lethargic bodies, and promised to consult the Treasury in regard to granting money on more favourable terms.

Mr. Burns was vigorously denunciatory of the parents in some rural districts, "who might spend less money on beer and more on rent." He lashed out trenchantly, too, at those patrons of "specialised sport" who pay to witness what he called "gladiatorial combats." Nevertheless, he thought the cry of physical deterioration had been exaggerated.

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Mr. Eustace Miles has written a whole book telling people how to live on threepence a day. Five young men selected by the *Daily Express* are at present trying the experiment of living on fourpence a day. At the end of the first half of the trial period, the men are all in tip-top condition. Here is a day's sample menu, and the exact cost per meal:—

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Rice, 1 lb.	1½d.
Wheatmeal cakes, 1½ lbs.	1½d.
Darlene, 2 ozs.	0¾d.
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	4¾d.
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Haricot beans, 1 lb.	1¾d.
Carrots, ½ lb.	0½d.
Potatoes, 3 lbs.	2¼d.
Turnips, ½ lb.	0½d.
Onions, ¾ lb.	1d.
Darlene, 2 ozs.	0¾d.
Seasoning	0¼d.
	7d.
Tea.	
Cocoa mixture, 2 ozs.	1d.
Wheatmeal cakes, 1 lb.	1½d.
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Supper.	
Bread pudding (bread 3 lbs., raisins ¼ lb., sugar ¼ lb., darlene 2 ozs.)	5d.
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DETECTIVES don't want brains only. Nerve and muscle are sometimes even more necessary. The life of a detective is full of hazards and queer experiences, and unless the sleath hound of the law has a good right arm, and an even more deadly left, he had better resign the business.

The life-story of the famous American detective, McParland, the star man of the famous Pinkerton detectives, proves how nerve and muscle are required at times in such work. McParland is famous in America as the man who crushed the "Molly Maguires," a notorious gang of bloodthirsty ruffians who for years terrified Pennsylvania. They were a secret organisation thousands strong, who killed, robbed, burned, and pillaged right and left. They committed murders by the score upon the slightest provocation. They were absolute masters throughout the coal regions in Carbon, Schuylkill, and Northumberland counties. Women and children were shot down in cold blood, and employers and workmen were clubbed to death night after night.

The officials of the Philadelphia, Reading, and Lehigh Valley railways, whose lines spread over this region, offered thousands of pounds for the arrest of the leaders; the Archbishop of Philadelphia fought them with the whole power of the Catholic Church; vigilance committees were formed by the citizens, but all in vain. They controlled the public offices, and were too well organised to be affected. Finally, as the last resort, the president of a railroad sought the aid of the Pinkerton detective agency, and a young man named McParland was assigned to the difficult task of rooting out this gang of cut-throats.

A DETECTIVE BY ACCIDENT.

McParland had become a detective by accident. He had been previously employed as a sailor, as a coachman, and finally, as a night-watchman. He was recommended by one of his employers to the Pinkerton agency, was assigned some small task, and acquitted himself so well that he was rapidly advanced. Now, he was selected to go down into this region with the instructions, "Run down the 'Molly Maguires,' whether it takes six months or six years, £2,000 or £20,000."

Soon after this he disappeared from the eyes of his friends, and a short while later turned up in Pottsville as McKenna, a labourer looking for a job. He hung about the various boarding-houses until he learned of Pat Dormer, who was said to be the master of the Maguires. That night he went into the latter's saloon and asked all hands to have a drink. He bought a second round, and then, springing into the middle of the floor, danced a flying hornpipe to the full approval of the assembled Irishmen, who were all

"Mollys." He followed up this with a roaring song, and was asked into a game of cards, Pat Dormer himself, who was six feet four, and weighing 250 pounds, being his partner against Hurley and another ruffian named Frazer. After a few minutes' playing, McKenna said:

"You've got six cards in your hand, Frazer."

"You're a liar!" was the reply.

McKenna reached across the table, seized the man's hand, and proved his statement. The result was a fight in the hand-ball alley, the whole local band of "Mollys" being present. McKenna was a much smaller man, but he was a hard hitter, and knew that his life depended upon the winning of this fight. They fought there for half an hour, until both of them were nearly dead, and until Frazer was finally knocked unconscious.

McKenna became a hero, and was welcomed at once into the crowd. In fact, he progressed so rapidly in their favour that in December, when he decided to move to a different part of the region, he was given a letter to "Muff" Lawler, local master of the lodge at Shenandoah. Here he was warmly greeted, installed as a boarder in Lawler's house, and soon won a reputation for being a bold, reckless, roaring good fellow. A few days later he was made a full member of the order.

An incident occurred about this time which greatly increased his prestige among the "Mollys." He had accompanied "Muff" Lawler to Big Mine Run to see a sick "Molly." While there, Dick Flynn, the terror of the Colorado colliery, and an enemy of Lawler's, came in armed with a six-shooter and a bowie-knife. He made for Lawler, who fled, and then turned his attention to McKenna. The latter flashed a revolver in his face, and with the remark, "I don't like to kill you here before these ladies," marched the trembling man down to the beer cellar, where he locked him in.

This display of nerve gave McKenna a great reputation. He was looked upon as the worst one of the lot, not only by the "Mollys" themselves, but by the citizens of the state, who were in mortal terror of him.

A LABYRINTH OF CRIME.

Having thus firmly established himself, he began a course of wandering through the different counties, having a letter of introduction from one band to another. He spent weeks in this way, making the acquaintance of all the leaders, and acquiring a vast store of the secrets of the organisation. He learned that there were some 3,000 or 4,000 active members, and that each county was governed by a county delegate, who divided his territory into districts, each being in charge of a body master, who gave out the signs and passwords and ordered the execution of crimes.

In nearly every case the local master was the keeper of a saloon. This man always had the local superintendent of the mines absolutely in his power, and through him gave out jobs, regulated the pay of the men, and even the hours of work. If the superintendent dared to object in the slightest particular, he was instantly killed.

A peculiar reciprocity system was in operation between the different districts, in accordance with which if district No. 1 want a man killed, the local master would call upon district No. 2 to do this favour for him, and in return he furnished assassins when district No. 2 needed a man. As a measure of safety, it was always arranged to have the murders committed by men who had never seen their victims. The man would be pointed out to the murderer, and he would be left to do the "job" as he pleased.

Early the next year Frank McAndrew, master of the Shenandoah division, left to go into another county, and McParland, or McKenna, as he was known here, was elected to succeed him. One of the first calls made upon him in his capacity as master was to furnish men to destroy a bridge, on the line of the Philadelphia and Reading railway. But, by diplomacy, he managed to frustrate this.

He next learned and frustrated a plan to murder a man named Forsythe. Wherever he learned of an outrage being planned, he immediately notified the Pinkerton agency at Philadelphia, and they took measures to protect the life or the property threatened. But after a few

months of this the "Mollys" became angered and a bit suspicious. They made a demand of him to furnish a man to kill John P. Jones, superintendent of a mine, who had ruffled a "Molly" of the name of Campbell.

In order to gain time McKenna promised, but kept delaying on one pretext or another until Campbell, grown impatient, went to the county delegate, and got him to send a peremptory order. McKenna then took some men and whiskey and pretended to start. But he contrived to get the men drunk, and kept them drunk for two days. Then he started back, congratulating himself that he had saved another life. But when he reached Tamaqua, a young man, hatless and frightened, came riding into town at a gallop. He stopped in front of the city marshal's office just as McKenna was passing, and shouted out: "A man named Jones has just been murdered!"

FRAZER WAS FINALLY KNOCKED UNCONSCIOUS.

A crowd gathered, and some of them recognized McKenna as a Molly leader. A movement was started to lynch him, but he showed his usual nerve, and, drawing two revolvers, calmly walked through the crowd. Although he had failed in saving the life of Jones, he determined that he would at least help to capture the murderers. He went into a house, and, writing a few words on several slips of paper, dropped these in the street where they could be found. They were picked up, and, acting on the hint, a posse was organized, who went after and found the men who had done the murder. They were subsequently hanged.

HOW HE STRUCK THE FINAL BLOW.

Toward the end of 1875 McParland, half sick from the strain of the work, begged to be allowed to strike the final blow.

"I am sick and tired of this work," he said in one of his reports. "I hear of murder and bloodshed in all directions; the air is polluted. I can't stand it much longer."

He was now between two fires; his fellow-members of the order were getting suspicious, while the outraged citizens were organising vigilance committees with a view to capturing him. One night in Tamaqua, bands of armed men searched for him from house to house, and would certainly have lynched him had they found him. He pretended to fall into a drunken sleep, and so remained in the house of a respectable citizen, who was not suspected for harbouring him.

The next night he boarded a coal train. He was driven by hunger to seek a restaurant, and there came face to face with the brother-in-law of Jones, who, of all men, was the most eager for his life.

"Have a drink?" he asked gruffly.

"I'm not drinking," answered McKenna.

"I'm feeling badly," went on the other.

McKenna instantly drew his revolver.

"I think I'd better kill you right here," he said.

The other fled, and McKenna finished his coffee.

Jack Kehoe, the county delegate, was now busily reporting his suspicion that McKenna was a detective. To meet this danger, McParland boldly went to Kehoe, accused him of treachery, and demanded an investigation. Kehoe told him to write the notices to the county delegates. While he was busy at this, Kehoe came in with a glass of whisky for him. As soon as he went out Mrs. Kehoe, who was in the rear room, took up the whisky and threw it into the stove.

"What's the matter?" asked McKenna.

The trembling woman only answered: "Don't ask me."

On the day of the trial Kehoe did not appear, and so McKenna again allayed the suspicions against him. Then Kehoe hired sixteen men to lay for the detective and murder him. McAndrew, another "Maguire," warned him of the plot, and helped him to get out of the town. He returned to Philadelphia, and was warmly welcomed by the Pinkertons, who were beginning to have grave fears for his life.

In the spring the trials were held, and McKenna stepped forward as McParland and gave the evidence he had been so long gathering. A score or more of the desperadoes were condemned to the penitentiary, and nineteen of them were hanged, among the latter, Kehoe. As a result, the "Molly Maguires" were completely exterminated.

Mr. Gowen, the prosecuting attorney, gave a cordial tribute to McParland when the trials were finished. After warning the public that if there was another murder in that county by that society there would be "an inquisition for blood, with which nothing that had been known in the annals of criminal jurisprudence could compare," he added:

"And to whom are we indebted for the security we now have? To whom do we owe all this? Under the divine providence of God, to whom be all the honour and all the glory, we owe this safety to James McParland, and if ever there was a man to whom the people of this county should erect a monument, it is James McParland, the detective."

The Cure of Lunacy.

"Lunacy can almost certainly be cured if taken within three months; there is a fairly good chance if it is taken within six months; even if a case is taken within a year there is a chance of cure." So said Professor Symes Thompson, lecturing recently at Gresham College.

"Dreams and delirium," he remarked incidentally, "are closely allied." He repudiated the popular theory that the truth will out in delirium. Statements made by delirious persons, he said, were often purely imaginary.

From Pulpit to Farm.

Farmers and farmers' sons frequently find their way to the pulpit, but it is rarely a parson gives up the cloth for the farmer's smock. The Rev. Edward Hamilton, however, has resigned the pastorate of Cliff Town Congregational Church, Southend, and is going with his family to Toronto to devote himself to fruit farming.

TRAINING FOR THE TRACK.

By J. W. HEISMAN.

In a recent issue there appeared a practical and interesting article on training for athletics from the pen of A. S. Reeve, a successful runner himself. It may interest those who read that article to compare it with the following by a famous American pedestrian. In this case only short-distance racing is dealt with.—THE EDITOR.

SPRINTING, as everybody knows, includes all races from 40 yards up to 440 yards, and in all sprints the start is more than half the battle, with the exception of the quarter-mile. To stand any chance of winning a short race a man must learn to get off like a flash of light, and to do this means endless practice on this one thing alone. But it should be gone at gradually and early in the season, so there will be plenty of time to work up to a point where ten or a dozen may be tried per day, though less may be gone through per day if the individual is sparely built and of an exceptionally nervous temperament.

Formerly, all sprinters, including the great Johnson and Kettleman of 25 years ago, started from a standing position, but Luther Cary, of Princeton, was about the last sprinter of note who used the standing start, and he dropped out of the lime-light over ten years ago.

A tiger, a leopard, a cat crouches low on all fours, with every muscle in its body bunched whenever it makes ready to spring. You never see it standing high on stilt-like legs, with back bowed up high, at such a time. Well, of later years sprinters have taken lessons from the feline tribe, and now it is conceded that to be the best.

THE ART OF "GETTING OFF."

In this, one foot is somewhat in advance of the other, the whole body lowered, both hands—fingers or knuckles, either one—touching the ground and ready to spurn it under and backward. The weight of the body rests really on all fours, but rather more on the legs than the arms. The body weight should be poised with elasticity, not permitted to sink and sag down heavily and "dead," so as to compel a strong exertion of all the muscles to raise it from its inertia; life and animation should already possess each fibre, for 'twill be but a few seconds before the pistol goes—once you are all "set." Now, looking straight ahead, down the stretch, you fill your mind with a strong intention of shooting forward rather than leaping upward, the instant you hear the shot. When the starter says "Get ready," you take your place and your position on the line with each foot, each hand and your head just where you want them; when he says "Ready," it is time for you to tense every muscle and hold the entire body like a thistle-down resting on a bush-top, ready to blow up and off with a mere breath. After you hear the pistol, try to strike your full, measured, and perfect stride as quickly as possible.

As the hands will naturally drop a little in front of the forward foot, and cannot be in front of or across the starting line, of course, the forward foot will be some four to eight inches back of the hands, depending on the individual's length of arm and body. The rear leg should be bent or lowered at the knee until, from knee to ankle, it is parallel to the ground. The knee of the rear leg is almost touching the heel of the forward foot.

One should always practice starts with a companion—also a fast starter if possible. Never straighten up after you have shot off the mark until you have gone forward at least three steps.

THE 100 YARD DASH.

Sprints of less distance than 100 yards are often run, particularly indoors and during the winter months, but the difference in method of training for shorter distance is too slight to dwell on here.

First of all, the sprinter must have his legs in general, all around good shape. Slow, gentle running for a quarter or a third of a mile at a time will do this, running only once each day, however. This should be kept up until no after

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stiffness in the muscles of the legs can be observed. As soon as this point is reached, be it in one day or a dozen, the runner may begin to "let out" the last hundred feet of the quarter, and then more and more each day as he observes no ill-effects, and particularly no stiffness, follow. When he gets to where he can feel no strain on the muscles, he can dispense with the quarter mile and run two dashes of 100 yards each at a 12-second clip.

Meantime, the sprinter has been working on starts, but not strainingly or too suddenly. Six to eight is a considerable number even after you have been working a full week or more. From each start run about 15 yards, not forgetting to get into your stride rapidly, but slow down gradually. Frequent rests should be taken.

Once the runner has his legs in such trim that no speed seems to strain or stiffen them, he should try a few bursts of 30 yards each, and against another man. If faster than he, give him a good start. You will get dull and lazy if you have to work alone; the stimulus of trying to improve faster than the other man will keep you growing in nervous energy. Always have a companion.

When, then, you have broken through the conditioning period, and are able to stand real work—which period varies greatly with different men, and largely in accordance with their general physical condition at the time they start training—the athlete should be doing about ten starts each day, interspersed with four or five 30 yard dashes, and winding up with one at top speed for about 75 yards. The full 100 yards he should not run oftener than once in four days—if that often.

THE 220 YARD DASH.

Training for the 220 is similar to what it is for the 100, except that one should "round to" on proportionately longer time leading up bursts than in the shorter dash. And Harry Jewett, one of the best furlong runners we have ever had, didn't hesitate to run the 220 daily after getting well over the preliminary training-up, but it must be added that, of course, it was not at tip-top speed oftener than once a week.

You see, stopping always just this side of the limit in anything, develops and stores up energy and power like charging an electric battery, but to call on its supply always to the full amount on hand will quickly drain it of all there is. The race, indeed, should draw it out to the limit; but in mere training it should seldom be tapped to capacity.

As in the 100 yard dash, you should not make a trial attempt at the full distance until you have been working at least three weeks, then not oftener than once in a week or a little less, but certainly not nearer the race than four days preceding it.

THE 440 YARDS DASH.

The quarter mile is, of all runs, the hardest to train for and run well. It is neither a sprint race nor a distance run, or rather it is both. The spare, nervous, short-distance sprinter has hardly the physical strength to keep it up for 440 yards at top speed, as is his custom of running, therefore he must run his best for a while till he gets a lead, then slow down for a little rest, and then tune up again for the finish.

On the other hand, the quarter mile is too short a race for the distance runner, though often distance runners win it, notwithstanding they have less actual speed than their competitors, who lack the staying powers.

In a word, a man is either a sprinter or a distance runner by nature to start with; he isn't both. The hardy distance runner in his training knows he will have to go his best the whole course, and so should train for endurance. The sprinter who attempts the quarter mile knows he can't go his best the whole course, and to attempt to work hard enough to attain such endurance would kill a man of his slight and delicate organisation. He should, therefore, stick to his sprint training and rely on winning the race at the start and the finish. The distance man, with his steady, enduring, unbroken stride of length and strength must expect to overtake and pass his sprinting opponent somewhere in the race, and try to leave him so far that the sprinter in his final dash may not recover all and more than he lost.

A PLEA FOR BOXING. Fists Better than Revolvers and Knives.

BY JOHN L. SULLIVAN.

A GREAT many people imagine that if a man is a fighter or boxer he has got to be a "tough" or an "ugly mug;" but such is not the case. A boxer or fighter can be as much of a gentleman as the banker, broker, physician, or merchant. And if the manly art of self-defence was taught among the generations of some people there would be less murder, less shooting and firearms used. They would resort to manly means to settle their difficulties. Now, I have always advocated boxing as a clean, manly, healthy exercise. More so than football playing, wrestling, or jockeying. There is never a time that a jockey mounts a horse in a running race that he doesn't take his life in his hands. There have been less fatalities in the prize ring than there have been among football players and jockeys.

Every young man from fifteen to twenty-one years of age should be taught the manly art of self-defence, in order to protect himself against any rough or tough who might undertake to waylay him on the highway. Boxing to young men of this class is invigorating, healthful, and one of the best athletic exercises that any young man could indulge in. It makes every muscle in the body act its part, makes the eye quick, the brain conceive every move that his opponent can make. Some people think that a man, to be a boxer, or to know anything of the manly art of self-defence, has to have a brain that consists of nothing else than brutal instinct.

ARTHUR SAXON.
The famous weight-lifter in a fine pose showing his splendid biceps.

Some of the most learned men who represented the United States of America in the halls of congress were great boxers and athletes. Such men as United States Senator Jack Chandler, Roscoe Conklin, John Morrisey, and the President himself.

ARTICLETTES.

The Worry Habit.

"It is strange how we borrow trouble," says a Transatlantic contemporary. "From the first day that we speak a piece at school until the doctor shakes his head and asks us if we've got our will made, we are dreading something. If nothing else, we worry about our neighbours having more than we've got. The fellow courtin' worries because he is afraid his gal won't say yes, and when he's got her he worries because it costs so much to keep her. We worry ourselves old and wrinkled and grey, and more than all this world worry about the next. If there is anything I like it is a person with a cheerful nature, that won't worry and borrow trouble."

The Medicated Vapour Bath.

The simple vapour of boiling water is, undoubtedly, a valuable acquisition to the healing art, and has been time immemorial in use among Oriental nations. But this system of bathing has been used rather as a preventive than a cure for disease; its effects are less violent than the warm bath, and is therefore always to be preferred from a medical point of view. It will undoubtedly arrest the progress of many diseases, and mitigate others. In such complaints as fever, pulmonary diseases, and diseases of the arterial systems, the vapour bath, properly medicated, is very much superior to the plain one. By medication an effect can be produced with more certainty on many important organs of the body than can be done by medicines taken internally.

Nature's Tonic.

Laughter is undoubtedly one of Nature's greatest tonics. It brings the disordered faculties and functions into harmony, it lubricates the mental bearings, and prevents the friction which monotonous, exacting business engenders. It is a divine gift bestowed upon us as a life-preserver, a health promoter, a joy generator, a success maker. Life with the average man is too serious at best. Never lose an opportunity for relaxation from the stress and strain of your business or profession. Every draught of laughter, like an air-cushion, eases you over the jolts and the hard places on life's highway. Laughter is always healthy. It tends to bring every abnormal condition back to the normal. It is a panacea for heart-aches, for life's bruises. It is a life prolonger.

Motor Intoxication.

The man who has a craving for intoxicating drink should try motoring as a cure. Dr. W. Lee Howard according to the *British Medical Journal*, says that a desire to drive at high speeds frequently attacks automobilists, and is the psychologic result of the high pressure which controls the active participants in the world's material improvements." Dr. Howard says that fast driving and a delight in strong drink are, ctologically, the same thing. Nevertheless, he does not condemn the automobile. He considers that a dangerous dash into the country on a racing machine is "a wholesome vent for the reckless courage that otherwise would go to disorder and riotous excess." "As for speed mania," the *British Medical Journal* remarks, "if any such thing really exists, it should be treated when recognised as a dangerous form of lunacy."

How the Race Deteriorates.

No wonder the race is deteriorating when a school-child of 14 is permitted to work 46 hours a week as a domestic servant in addition to attending school.

The fact came out before the Select Committee on the Bill for providing meals for school children. In giving evidence, Dr. J. Kerr, medical officer for education to the L.C.C., strongly insisted upon the study of hygiene in the schools. He believed that a great deal of the physical and mental deterioration was due to want of cleanliness. Bad nutrition was not necessarily to be attributed to want of food, but to want of sleep, environment, and other causes. He estimated that 50 per cent. of the young girls in the elementary schools of the country had verminous heads.

He pleaded for stringent legislation to prevent overwork out of school hours both for boys and girls. A case had come to his knowledge of a girl of 14, who worked 46 hours a week as a domestic servant, in addition to attending school.

Witness suggested that if money was to be spent in providing meals for school children, it should be for breakfast rather than dinner.

Effects of Strenuousness.

There can be no question that the prevalence of certain diseases has increased during the last half-century. Conspicuous among these are diabetes and insomnia, both of which are largely due to the mental stress of a harder struggle for existence.—*The Practitioner.*

For a feat of dexterity and nerve, it would be difficult to surpass that of the Bosjesman, of South Africa, who walks quietly up to a puff-adder, and deliberately sets his bare foot on its neck. In its struggles to escape, and attempts to bite its assailant, the poison-gland secretes a large amount of the venom. This is just what the Bosjesman wants. Killing the snake, he eats the body and uses the poison for his arrows.

A Cheshire rector has arranged for a cycle-house to be erected near his church for the convenience of cyclists, whom he thus hopes to encourage to attend the services there.

The Indian Wrestler or "Paliwan."

The people of India, both Hindus and Mahomedans, have a strong liking for all kinds of sport, and just as an English crowd will sit for hours watching a cricket or football match, so they delight in being present at all kinds of contests, be they between wrestlers, fighting rams, cocks, partridges, or elephants. Until quite recent times, almost every petty rajah and chief kept his private team of professional wrestlers. These he kept for his own amusement, and often pitted them against a team of some neighbouring chief. The spread of education among the ruling class has, of late years, caused the practice to be less followed, and the young chief, having had the advantage of an English education, prefers, as a rule, to do his own athletics rather than keep others to do them for him

The Paliwan, or wrestler, is, in appearance (as may be seen from the annexed photos.), very different to his European or Japanese *confrere*. Though he spends hours of the day in "kushti," or athletic exercises, one looks in vain for the protruding muscles and sinews of a Sandow. He is, however, muscular, hardy, and often herculean in build; but he has a layer of flesh that conceals, for the most part, the muscular irregularities of his body. This is due to the diet in which he indulges. Though, as a rule, the professional wrestler belongs to the lower and flesh-eating castes, his diet consists, for the most part, of rice and lentils, or unleavened bread (*chappaties*) and *ghi* (clarified butter), with a very generous supply of *metai*, or sweetmeats. Many, also, of them abstain from both liquor and tobacco. Their athletic exercises chiefly consist of Indian club (*mugdas*) wielding, and many forms of native tumbling.

A RICH NATIVE WRESTLING TROUPE.

Sense Speed.

Dr. Symes Thompson says the length of time taken in communicating by touch is one-seventh of a second before there is consciousness of the touch. When a sound is heard the interval is one-sixth of a second; when an object is seen the interval is one-fifth of a second; in the case of a thought it is one-fortieth of a second.

Open-Air Eating.

Very timidly the old custom of open-air eating is being revived. Many are having their meals on warm days in their gardens in London or in the country; at hotels on the Thames the proprietor no longer refuses to serve tea in the open; and at most of the suburban clubs luncheons and dinners may be eaten on the terrace or the lawn.—*Truth.*

The Root of the Complaint.

An amusing letter from a Colonial reader to *The Daily News* on the question of gaol accommodation, asks why the English people don't solve the question by closing the public-houses, which is at the bottom of so much crime. "Pardon me," he says in conclusion, "for emphasising my convictions by referring to the case of a doctor whose patient asked him 'to strike at the root of his complaint.' The doctor complied literally by smashing the decanter with his walking stick. Will London taxpayers please employ an equally drastic but efficacious remedy?"

"REMEDIES" THAT CAUSE DISEASES.

The Dangers of Taking Medicine.

DISEASE means want of action of the natural functions brought about by an artificial mode of living, aggravated by the insane treatment adopted to remove it, and which has the effect of creating new ailments, each one more difficult to remove than the one which first led the patient to consult his medical man. The savage, in his primitive state, suffers little, if anything, from disease, if the country produce the wherewithal to support him; it is only when brought into contact with civilisation and its vices that his race succumbs to ailments, of the existence of which he was previously ignorant. To eat when hungry, to drink when thirsty, and to sleep when fatigued with the labours of the day, when subtle night throws its balmy influence over Nature, animate and inanimate—these are natural instincts. An artificial mode of living is the primary, predisposing cause of disease. An artificial and elaborate system of treating disease is the means of not only perpetuating, but creating, new ones. Man—the lord of creation—civilised man, who has made the sun his portrait painter, electricity his messenger, and air his courier; man, who rules supreme by his knowledge, knows little and cares less about the application of his intelligence to the cure of his diseases than the brute in a wild state, who uses that natural instinct, which is, in fact, its only substitute for it.

What means do we take to prevent disease? and, in case of disease, are the modern appliances to restore the natural equilibrium successful in producing the wished-for results? Do they fulfil the object in view? To the question as to preventing disease, the practice of producing disease is much more in vogue than the study how to prevent it. The remedies adopted are insufficient not only to arrest disease, but the administration of the so-called allopathic *remedies* are actually dangerous to life and injurious to the constitution, inasmuch as they all have a tendency to weaken the system, already debilitated by disease, and establish, therefore, the strength of the latter. Moreover, these very remedies carry with them into the system the germ of many diseases, which would have no existence but for their use by the allopathic practitioner. Here are a few of them: white arsenic, manganese, bone ash, quicksilver and its preparations (better known as mercury), calomel, blue pill, corrosive sublimate, hydroceanic (prussic) acid, etc. A preparation of gun-cotton known as pyroxyhn, and which is a mixture of cotton, vitriol and nitric acid, prepared thus: vitriol, six fluid drachms; nitric acid, four drachms; distilled water, twelve drachms; then there are sulphate of copper, sulphate of mercury, antimony, and oil of vitriol, granulated zinc, lead, tin, and more remedies to cure derangements of the system. In addition to this, we have burning and cutting of tissues, as if upwards of seven million pores and the alimentary canals did not constitute issues enough to carry off any poison secreted in the arterial or venous system.

Fallacies—proved to be such over and over again—are still upheld by a majority of the allopathic medical faculty, who look upon the simplification of a time-honoured, but senseless, treatment as heresy. But progress is not thus easily stayed. Like the insidious and persevering efforts of the ocean against a dyke, progress will eventually break down the dam, which self-interest and orthodoxy have erected against her. Medicine, known by the name of allopathy, is a failure. Formerly, bleeding used to be a panacea for all diseases; any medical man opposed to it would, at that period, have been shunned as a charlatan by his colleagues. Happily, the practice is a thing of the past.

IS YOUR BOY PHYSICALLY PERFECT?

Here are the Standards to Test Him by.

HAVE you seen the boy who is physically perfect? He is a rare specimen, not to be found in every-day life.

Ideals of perfection differ with individual tastes, but the standard of sturdy boyhood—the physically normal boy—is discovered by different means. His type for each year of his life has been found. How tall he is, how broad, his strength and his powers of endurance have been complete whole of these physical perfections.

The boy whose measurements are compared with those of this standard type is found to approach near to the normal perfection in some measurements, and in others to diverge far from the correct model.

Such measurements of what the boy is and comparison with what he should be is a sure guide to his deficiencies that

Perfect Physical Types for Boys of 5 to 16 Years.

(Compiled from the measurements of 5,476 school children.)

	—Lengths (inches)—				Breadths (inches)—			Girths			—Strengths—			
Age.	Weight.	Height.	Height Sitting.	Span of Arms.	Head.	Chest.	Waist.	Chest depth (in.)	Girth of head.	Chest expan.	Lung capac'y (cu. in.)	R. fore-arm str'gth.	L. fore-arm str'gth.	Vitality co-efficient.
Sixteen	116.38	64.45	33.55	66.25	5.95	9.85	9.15	6.80	21.55	3.45	191.40	73.28	65.22	35.58
Fifteen	103.29	62.25	32.15	63.15	5.90	9.30	8.65	6.30	21.45	3.30	161.00	63.47	54.30	26.03
Fourteen	87.41	59.45	30.70	60.00	5.85	8.95	8.25	5.95	21.30	3.35	140.12	55.81	50.70	21.97
Thirteen	78.32	57.10	29.80	57.50	5.80	8.70	7.95	5.65	21.10	3.25	123.58	49.09	45.07	18.28
Twelve...	72.55	55.25	28.95	55.30	5.80	8.50	7.70	5.60	21.00	3.05	111.33	43.29	40.50	15.55
Eleven ...	64.80	53.10	28.20	53.40	5.75	8.25	7.45	5.45	20.85	2.90	100.74	39.09	36.30	13.33
Ten ...	61.28	51.55	27.10	51.20	5.75	8.00	7.20	5.25	20.60	2.75	90.02	32.42	30.94	10.84
Nine ...	55.15	49.55	26.80	49.10	5.70	7.80	7.10	5.20	20.65	2.55	81.03	28.91	25.90	9.34
Eight ...	50.00	47.75	26.00	47.00	5.65	7.65	6.95	5.10	20.55	2.35	70.43	23.38	20.96	7.34
Seven ...	46.85	45.55	25.20	45.00	5.65	7.45	6.75	5.10	20.45	1.80	60.48	20.19	18.78	5.05
Six ...	42.62	43.55	24.20	42.60	5.60	7.25	6.55	5.05	20.25	1.65	50.89	15.30	12.53	4.02
Five ...	39.29	41.60	23.30	40.35	5.60	7.15	6.50	4.90	20.15	1.75	40.80	10.76	10.38	2.61

discovered and made a matter of record. This type of a physically perfect boy has been obtained through years of careful investigation and computation for a very useful and practical purpose.

It is interesting to study the likeness of the perfect type of boy, normal in all his physical attributes, but the value of this perfectly normal type lies in the standard of measurement it affords as a basis for the physical education of the real boy, who is not normal. It eliminates guesswork in prescribing physical culture.

The standard type of boy is a composite of many hundred boys. It is composed of a grouping of the fragmentary perfections of many individuals into one

need correcting. It does not decree the method to be used in the physical improvement of the boy, but it points out the results to be obtained. It provides a standard to which, with the aid of physical exercise, he ought to find it possible to conform.

As maturity approaches the period of normal growth and development practically ceases. The vitality and bodily peculiarities of the individual are largely determined for life. Boyhood is, therefore, the period of utmost possibility in bodily formation. Knowing what the boy should be, it is possible to assist him in approaching a desired type.

By comparison with the standard of bodily perfection it can be known not

only how tall, how broad, and how heavy the boy should be at a given age, but what his vital powers should be to correspond to his physical proportions.

VITALITY, NEW PHYSICAL IDEAL.

While the normal boy is complete and perfect in all physical attributes, the qualities which indicate vitality are the measurements of greatest consequence. The possession of endurance is more valuable than length or circumference of arms or legs. This is the new gospel of physical measurement and physical culture. It is opposed to the old style of muscle development, in which little attention was paid to the development of the vital functions.

The normally perfect boy—the type of the ideal—has a strength of lungs and heart and a steadiness of nervous force corresponding to his muscular development.

The corrective work to bring the measurements of the real boy into conformity with those of the ideal is now hygienic—simple muscular development is secondary to the production of vital strength. It is a change in method from "the pursuit of muscular symmetry to the pursuit of health and vitality."

Not many years ago it was assumed that bone lengths and muscle girths were the equivalent of physical perfection. The new measurements are taken to ascertain the vitality of the individual; and the ideal, or standard type, has the perfections not only of appearance but of the essentials to a long and useful life.

Weight is taken as the best general indication of vitality. Height sitting is an essential measurement, as are breadth of chest and waist, depth of chest and abdomen, girth of chest expanded, contracted, and normal. Strength of forearm, back, legs, and shoulder retractors, as indicating muscular function and nervous control. Breadth and girth of head demonstrate the physical basis of mental efficiency.

The anthrometric tables published herewith are taken from those compiled by Prof. William W. Hastings, of Springfield, Massachusetts, U.S.A. In his search for the standard type of the boy Prof. Hastings has had an eye to the essentials. The tables are for the very practical purpose of assisting those entrusted with the physical culture of school children in prescribing the exercises that will contribute to the real strengthening of the pupil.

STAYING POWER TAUGHT IN TRAINING.

"The really vital thing to ascertain in the whole matter," says Prof. Hastings, "is the comparative size and function of the master tissues and the serving tissues. Is the development of the vital organs in proportion to that of the muscular system? If the balance is in favour of the vital organs, the individual will possess great vitality. If the individual has a large muscular frame, associated with a small vital capacity, he will not possess any great endurance or 'staying power.'"

Relative weight to height is acknowledged the best one all-round index of vitality.

If a boy deviates from the standard type in height, the standard can indicate little or nothing as to what his development ought to be. The tall boy or the short boy cannot be made to conform to the typical individual pictured in normal standard. The only tables which can provide a true type for a given individual are those which give the normal for each height of each age, for the reason that height is practically an unalterable element in the problem. The short child cannot be "spliced" nor the tall one "sawed off," but their development can be made to conform nearly to the typical measurements for an individual of the height and age of each. The tall boy of the standard type is more slender in comparison with the ideal type and the short one typically more "stocky."

In the widespread attention now given in schools, associations, gymnasiums, and the homes—to the physical development of children, the knowledge of the correct type of the child is essential to the proper direction of this important work.

The director of physical training, in order to know the results of his work, is called upon to make regular physical examinations and compare the development of his pupils with the established standard of the normally perfect child—the ideal toward which he aims.

AN AGE THAT CRAVES A STIMULANT.

The Nerves of the Nation: Why They are Breaking Down.

A HOST of diseases have sprung up among us of late that were unknown to our ancestors, but the most common of these is neurasthenia. In a recent number of the *Contemporary Review*, Dr. Guthrie Rankin has an interesting article on the subject.

Many changes have come about during the past half century. Education is compulsory, traffic and commerce have been widely extended, machinery perfected, diet changed, and a strenuous, restless spirit has been diffused.

The leading consequence of all these changes is, from the health point of view, a disturbance of the balance of organic responsibility.

When life was more sedate and uneventful, the tissues and organs were adapted to the exigencies of the daily wear-and-tear, and bore their respective shares in the maintenance of bodily vigour with such a nice balance of supply and demand that no undue strain was put upon any portion of the economy.

In the individual it has no doubt been always true that excessive application in the prosecution of his duty or pleasure may have exposed him personally to the tissue dangers attendant upon a too zealous desire to excel and forge ahead of his neighbours. But, taking mankind as a whole, it may be said safely that the demands of life and the ambitions of men were comparatively circumscribed, and that they were dove-tailed into one another so as to distribute the strain equably.

Nowadays the stress of life falls more

PRETORIA SPORTSMEN (all Sandow Students).

(1) W. McRobinson (Champion Ball Puncher.) (2) C. Green. (3) H. Wright (ex-Amateur Heavy-weight Boxing Champion of Scotland). (4) C. Wright. (5) P. O'Hare.

on the nervous system than on any other of the tissues, and neurasthenia—or nervous breakdown—is spreading.

While it is true that poor children should be better fed to support the increased education required, it is equally true that rich children, "if they are to be suitably reared for their destiny," should revert to simpler habits.

In private practice, again, among patients drawn from the well-to-do classes, most of whom are too busy either in pursuit of pleasure or in the carrying on and direction of worldly affairs which demand constant and concentrated vigilance and energy, the neurotic element enters largely into their ailments, and in no small proportion of cases constitutes the whole disease; whereas, among the agricultural and working populations, functional and other disorders of the nervous system still occupy, in the numerical relationship to the diseases daily met with, quite a subordinate position.

Evidently wear-and-tear, plus luxury, is telling its story more rapidly than wear-and-tear plus unsuitable food and insufficient rest.

But though at present the richer leisured classes suffer more from "nerves" than the poor, "the day is rapidly coming when every class will suffer"—the poor owing to bad feeding and ignorance of health laws, the middle classes from the struggle to get rich.

An analysis of the symptoms presented by neurasthenic patients reveals, as might be expected, a vast complexity of symptoms; but from among the tangle of evidence implicating the nervous system, and pointing to it as the *fons et origo mali*, there stands forth as a bold landmark in every case the existence of mental deterioration.

This is manifested in many ways. One patient is apathetic regarding the future, while another dreads death; one has a belief in the cheese cure, and another in Christian science, and so on.

A French physician has suggested that the disease should come under the heading of psychasthenia—which denotes not a fault in the nerves, but "a failure in the vital power by which they are driven"—a more correct definition of nervous breakdown.

One day men will learn that "tissue income and expenditure must be adjusted to a better balance if the human machine is to be kept in smoothly working order." At present the truth is not recognised, though the disease is no mere society craze, but is becoming a national calamity.

Prevention is only possible if public attention can be aroused and individual effort enlisted. In so far as social customs and personal habits are contributing to the increase of nerve-instability, they must be altered if we are to escape that downfall of our supremacy which other great nations before us have experienced.

A more vigorous public sentiment, fostered by an example of greater self-denial and more rigid adherence to simplicity of life on the part of those who set the pace and lead the fashions of the day, would do much to arrest the downhill rush of the multitude; pronounced social disapproval of the immoderate use of alcohol and tobacco and the stern forbidding of both under the age of puberty would shield the nervous centres from two of their most deadly enemies.

Height of Men.

In the crypt of Hythe Church are the bones of about a thousand men, said to have been killed in battle between Saxons and Danes. The size and strength of the bones are wonderful. The skulls are large and well-shaped, and have no likeness to those of gorillas except in the deeply furrowed and projecting brows. A skeleton—probably older than those at Hythe—is in Scarborough Museum, whose owner must have described an altitude of 6 feet 4 or 5 inches.

A Cast-iron Stomach.

A lunatic died at the Peckham House Asylum from the effects of swallowing a large quantity of foreign substances. On opening his stomach after death, it was found to contain a mass of handles of tinned iron spoons, together with nails and other articles, which were seen closely packed together. On removing them, there were found to be thirty-one entire spoon handles, of about five inches long, two half handles (flattened ends), two half handles (thin ends); various nails, varying in size from a garden-wall nail to a spike nail; rather better than the half of the iron heel of a shoe; one screw of two and a quarter inches long; four pebbles the size of a hazel nut; and one metal button; the weight of which conjointly amounted to two pounds eight ounces.

CANADA'S CRIMINAL CHASERS.

Men of Splendid Physique and Undaunted Courage are the Northwest Mounted Police. By F. G. CARPENTER.

THE days when railways were held up and jocular old campers made the tenderfoot dance by shooting at his toes with a revolver have almost vanished from the life of Canada. Murders and lynchings in the North-West are now extremely rare, for order is now as rigidly kept as in any large city by Canada's mounted police men of magnificent physique, undaunted courage, and probably unequalled anywhere for all-round fitness.

The mounted police is one of the most remarkable military forces in existence. It comprises over 900 men, but it keeps order throughout a country more than half as large as the United States, and in which, if England were dropped, an exploring party would be necessary to find it. A vast part of its territory is wilderness. It runs from Regina, in Saskatchewan, to the Arctic ocean. It has its stations about Hudson's Bay, on the Peace river and in the mining camps of the Yukon. Its members patrol every part of the new wheat belt, where immigrants from all parts of the world are taking up homesteads, and they gallop up and down the boundary between the United States and Canada, guarding against smuggling and cattle-thieving, and settling any minor troubles which arise between the two peoples.

A TALK WITH THE CHIEF.

During my stay at Ottawa I had an interview with Colonel Frederick White, the head of this organisation, and the man who, more than any other, has had to do with bringing it to its present efficient state. Colonel White has been connected with the police for more than thirty-five years. He has seen it grow from 200 members to almost 1,000, and he has been associated with it in various capacities through all parts of the great British Northwest.

I asked Colonel White to tell me something as to the extent of the territory under his jurisdiction. Said he:

"Our police precincts run from the boundary of the United States to the Arctic ocean. We have altogether about a million and a half square miles under our jurisdiction. Take Edmonton. That town lies over 300 miles north of the boundary of the United States. We have policemen on guard there and all along the line east and west to the Pacific ocean and to Hudson bay. We have men hundreds of miles to the northward, and we keep a large force in the mining regions of the Klondike. Indeed, we have practically the whole of the sparsely-settled and unsettled portions of British North America."

THIRTEEN MURDERS IN FOUR YEARS.

"Give me some idea of how order is kept in such a country," said I.

"Our arrangements are such that we come in contact with all the settlers. As it is now, our policemen ride on horseback through every part of the lands which are being opened up. Every man has his route, and he gallops from farm to farm and town to town, asking every colonist whether anything wrong has taken place since his last visit. If the farmer has no complaints he is asked to sign a report to that effect, and, if the contrary, his troubles are at once investigated. We have a record of all the settlers, and we go over the route and make the policemen produce these signed statements showing that each man has been visited. It may be that the farmer will claim his cattle have been stolen. If so, the policeman goes with him to trace the thieves, and if they are found he sees that they are brought to justice and punished. In many cases such complaints are false alarms, and the policeman and farmer find that the stock has merely strayed into some valley near by. Nevertheless, we make many arrests. There were more than 3,000 convictions for crime and other offences in the Northwest territories last year. Many of the offences were petty ones, and this number, all told, covers a population of more than 400,000, scattered over the enormous region I have described. It seems to me small."

"Do you have any murders?"

"We have had thirteen in four years," said Colonel White, "and of those thirteen only two of the criminals were Canadians."

NO LYNCHINGS IN CANADA.

"How about lynching?"

"We have never had one man lynched in Canada, and, more than that, we have never had a 'hold-up' on our railroads. I will not say that plans have not been made to rob our trains, but, so far, we have circumvented them. I remember two or three instances which occurred recently where men had evidently schemed to hold up the trains on the Canadian Pacific railroad. In one of these the would-be thieves had a team of fine horses and a carriage shipped to the point where they expected to rob the train. Our police knew something was wrong, and we had a force on the look-out. The men learned that we were watching them, and as a result they gave up the attempt and drove off toward the south. We have not heard of them since."

SUPERIOR TO SHERLOCK HOLMES.

"I should think there must be many crimes in the Northern wilds which could never be discovered," said I.

"I don't believe it," replied Colonel White. "Our police get reports from every part of the territory. They are careful in collecting information, and anything out of the way is sent in to them. They are able detectives and they discover crimes which would puzzle a Sherlock Holmes. Take the murder of Edward Hayward, a young Englishman, who was killed at the Lesser Slave lake away up in the wilds, hundreds of miles from nowhere, about a year ago. His murderer was discovered and convicted by the mounted police, and he was hanged only a short time ago.

"The murderer's name was Charles King, an American, who came from Salt Lake City to Edmonton, where he met Edward Hayward, an English immigrant. Hayward had brought some money with him, expecting to settle and make his fortune in our Northwest. He fell in with King at Edmonton, and King filled his head with the possibilities of fortune-making in the far North. He persuaded Hayward to buy horses, tools and arms, and go with him to look for gold mines, which he said existed about the Lesser Slave lake.

"Soon after this the two men started off with a full prospecting equipment. They had been gone some weeks when an Indian notified one of the sergeants of the mounted police of the vicinity where they had been camping that two strangers had come into the country and that one of them had disappeared. The Indian said that he had noticed a big fire where the camp was, and that the ashes covered so much ground that he was sure something was wrong.

ON THE TRAIL OF A MURDERER.

"The mounted policeman then went along with the Indian. He found the remains of the fire, and followed a track evidently made by one man, which led away from it. He kept on the trail and after many days came up with King on his way back to Edmonton. The policeman asked King what had become of his companion, and King replied that he had taken another trail and gone on to British Columbia. This seemed very strange to the policeman and he arrested King on the charge of murder and started back to get the evidence. The first thing he did was to gather up the ashes of the camp fire and sift them. The result was that he discovered pieces of flesh and bones, and also two or three buttons, a sailmaker's needle, and a watch charm used for carrying a gold coin. All these things were packed up and shipped East to be examined and analysed by our specialists. Their report was that the bones were those of a human being.

"In addition to this the policeman traced King's tracks to a little lake near by. With the assistance of another policeman he cut a ditch and drained the lake. Upon its bottom lay two pairs of boots and other articles which were afterwards proven to have been sold to Hayward. When the case was tried a brother of Hayward was brought out from England to identify some of these articles, and the result of the whole was that King was convicted and hanged.

PIONEER THE SETTLERS.

"The mounted police are doing a great

deal in the way of explorations," continued Colonel White. "They go ahead and make the trails, and prospectors and settlers follow them. They have opened up the Rocky Mountains and have cut passage-ways through the wilds of Alaska and the Pacific coast. On such trips the policemen erect houses along the trail, and leave supplies of bacon and other provisions for travellers who come after, who might find themselves without food away off in the wilds. The trouble of many of our mining prospectors is that their food supplies run out at about the time they reach the place where they expect to work. They must then go back or starve. Such men can get fresh supplies at these rest houses. It is surprising that the men who have food will not touch the supplies, unless it is absolutely necessary for their sustenance. In such explorations our men go along and blaze a trail about eight feet wide. It is wonderful how soon others follow and how quickly little hotels grow up along the line. We are making such explorations all the time and are gradually opening up the great Northwest."

POLICEMEN ON SLEDGES.

"Are all your police mounted, Colonel White?" I asked.

"No. There are many regions which are not accessible on horseback. This is so about Hudson's bay, on the Mackenzie river, and in other parts of the far North. We have a station on Hudson's bay to which we have shipped houses in pieces, and put them together again when they reached their destination. As it is now we go round by ship to Hudson's bay once a year to visit that station. Our policemen there report on the condition prevailing about the bay, as to the whaling and fur industries and as to how the natives are treated. They have little steamers to patrol the bay, and they go up the rivers in canoes and across country with sledges and dogs."

CORALLING THE WORLD'S CRIMINALS.

"What are you doing in the Yukon?"

"We have a comparatively large force there engaged in keeping order and to a large extent in governing the country. We are doing what we can to put down gambling, robbery and all sorts of crime, and at the same time are making some explorations. At Dawson we have adopted the finger-print system for the identification of criminals, which promises to become universal over the world. It is now used in England and the United States, and there will some day be a classification bureau of this kind in Canada so that copies of the finger prints of all criminals will be on record for the various police departments of the country.

"During my travels in Canada I have heard some good stories of the detective ability of these mounted policemen. One of the latest is about a horse belonging to a Canadian rancher, which was run across the border into the United States. The horse was a fine gray which could gallop a mile in less than two minutes. The mounted policeman of the district in which it was owned started after the thief the day after it was stolen and tracked him down to Fort Assiniboine, where Colonel Otis, afterward General Otis, the governor of the Philippines, was in charge. He there found the horse in the hands of a stockman, who claimed that he had owned it for five years and that it had never been out of his hands.

"The mounted policeman called upon Colonel Otis, told him that he knew the man was lying, and asked him if he would arbitrate the case if it were brought before him. Colonel Otis replied that this was outside his duties, but he would pass judgment if the parties were brought before him. Thereupon the Canadian officer caused the man's arrest by the local police, and the man and horse came before Colonel Otis. The man swore as to his ownership, saying that he had kept the horse for years.

"In the meantime, the Indian guide who had assisted the mounted policeman whispered that the horse had a curious trick of chewing up any piece of rope with which he was tied, and that he could free himself from any rope in ten minutes. The policeman communicated this fact to Colonel Otis, and a watch was kept. A remand was ordered and the horse tethered, a watch being set. In ten minutes more the horse was free, and the thief handed over to his tracker."

'VARSITY MEN ON TRAMP.

Four American Students' Experiences as "Knights of the Road."

AN article appeared recently in these columns describing the experiences of one of the unemployed when "on tramp" in search of employment. A party of American 'Varsity men have recently made the experiment of playing "hobo," which is Americanese for tramp, and have been describing their experiences in an American journal.

There were four students in the party of tramps when the start was made, H. H. Byrne, of Washington; Harry F. Porter, of Bridgeport, who is prominent in Athletics at Cornell University; W. L. Durand, of Ithaca, a son of Prof. Durand; and J. R. Mitchell, of New York City. Durand and Mitchell were played out when Albany was reached, and completed their journey by train. All four wore flannel shirts and army leggings, and carried a very limited amount of cash.

LOOKED THE REAL THING.

"We did not look much like tramps when we started," said Porter, in telling a reporter of his trip. "We were variously taken as baseball players, cowboys, soldiers, and bicyclists. Hobbling into a village after a long day's tramp, we ran into a group of young girls playing on a corner, one of whom remarked, 'There's my fellow.' To which one of her companions at once replied, 'Oh, I wouldn't have a pedlar.' Later on, however, after several days of roughing it, our appearance changed. With a week's growth of beard, unkempt hair, dirty trousers and shirts, faded from exposure to the sun, and covered with hayseed from our sojourns in hay-barns, it became rather hard to convince people that we weren't of the weary brethren.

"Especially from Frankfort on to Albany were we so held, and the numerous tramps with whom we hobnobbed from time to time couldn't understand why we didn't try to sneak train rides like them. Near Albany and near New York we met numbers of them, and, what surprised us most, was the proportion of young fellows among them.

TRAMPING TWENTY YEARS.

"Near St. Johnsville we met a 'hobo' umbrella mender walking the railway, and travelled with him for miles. He was of the happy-go-lucky type, and had been on the road for twenty years. A little way from Albany we ran across a tramp of quite a different type, out of sorts with himself and the world in general.

"I walked with this chap an hour, and did my best to cheer him up, and when I left him, as I shook his hand heartily, and wished him better luck, his eye glistened and a faint smile lighted up his face. Along the Hudson we met an old fellow who had 'hoofed' it all the way from San Francisco to New York, and was on his way back.

"As to our experiences from day to day we made Weedsport the first night at 7 p.m., high in spirits and very hungry; all we had had since breakfast at Ithaca being some celery and tomatoes which we helped ourselves to from the Italian farms near Port Byron.

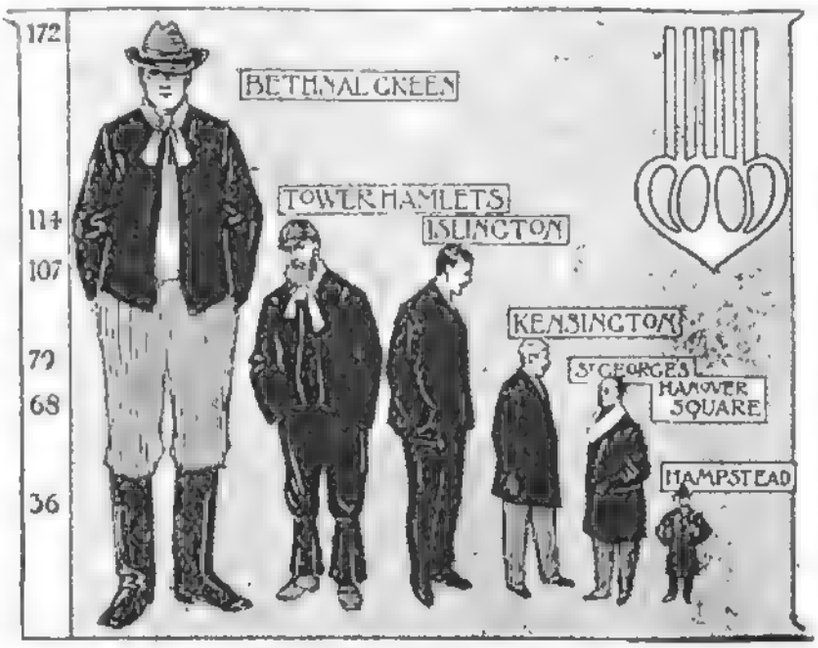
LAW CLERK FED THEM.

"Reaching Weedsport, it was our good fortune to fall in with a young law clerk, for whom we worked for a supper and a night's lodging on the tables in his employer's office. How our backs did ache in the morning! It was pouring rain and blowing a gale when we set out at 5 a.m. The old tow-path was so muddy that we took to the railroad tracks. About noon we were at Belle Isle, and seeing some tramps in the railway station, we stopped off and dried out our clothes. When the station agent was not looking we made a raid on his lunch basket, and then left hurriedly. We reached Syracuse late that afternoon and put up in a common lodging-house.

"Sixteen miles out of Syracuse, the next morning, we struck a cornfield on the edge of the tow-path, and helped ourselves to some fine ears. We were cooking them over a bonfire when a couple of farmer boys came along. We jollied them into giving us potatoes and apples, which we added to the feast.

That night we reached Oneida hungry and tired out. We went into a drug store to get some witch hazel for our feet, and before we got out the proprietor treated us to ice cream and, on parting, presented each of us with a bottle of ale. We slept that night in an old horse car that had been side-tracked at a corner for a waiting-room.

"We begged a light breakfast before setting out in the morning, and came to the outskirts of Utica by 1.30 p.m. We tackled a kindly appearing old lady who sat on the front porch of a suburban cottage, and she gave us bread, fruit, and tomatoes, which we ate in the shade of the trees. It was after dark when we reached the little town of Frankfort. We got a hand-out of bread-and-butter and some milk at a farmhouse, and slept like babes in a hay mow."



WHAT OVERCROWDING MEANS.

The above diagram, which appeared originally in the "Sunday Strand," shows London's population per acre in various parts of London.

HEADING FOR ESOPUS.

The tramp students all reached Albany, and from that point Byrne and Porter footed it alone, the other two having to take train. They took the post-road down the east shore to Tivoli, where they induced a fisher-boy to row them across. They spent a night in Kingston and started out at sunrise for Esopus.

"We hardly hoped to see Judge Parker," said Porter, "but we determined to make the try. Reaching his place shortly before 10 a.m., we found the coachman with a double carriage drawn up before the front door awaiting the Judge and his family to take them over to the station, where they go regularly, *via* the 10.18 train to Kingston to attend service in the Episcopal Church.

"I am a Roosevelt man, and wore my candidate's button on my shirt when Mr. Porter and I advanced to introduce ourselves to Mr. Parker as he emerged with his family from the front door to enter the carriage, yet my admiration for this splendid type of strenuous, intellectual, ideal American, whom the Democrats have decided on as the fittest opponent of the President, knew no bounds as he greeted us two 'hoboes' with the utmost cordiality and openness, and chatted with us interestedly about our trip.

"'Too bad you didn't arrive a little sooner, boys,' he remarked, pleasantly, 'else I should have enjoyed your company at my morning swim and at breakfast. I am sorry I must go now, but make yourselves at home and rest awhile, for you must be tired.' Mrs. Parker, too, as the carriage started away from the step, repeated the Judge's invitation to make ourselves at home, and this we proceeded to do, dropping into comfortable chairs which occupied the great front porch overlooking one of the finest bits of scenic grandeur along the 'Rhine of America.'

"Well, as we sat enjoying this beautiful scene, we were presently joined by Judge Parker's secretary, who tendered us all the hospitalities of the home."

From Esopus the students continued their journey down the west bank, sometimes travelling over the picturesque mountain roads, and again, to break the monotony, "pounding the ties." They crossed the river in a launch opposite Peekskill, and made the balance of the trip along the eastern shore.

READERS' CLUB.

President - - EUGEN SANDOW.

Motto:—One may Help Many.

For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto, and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

To Club Readers in Great Britain and Ireland.

THIS week I have decided, owing to the large number of letters I have received from Colonial and foreign readers in various parts of the globe, to devote this section of the Magazine entirely to them. Even then I am only able to give publicity to a very small proportion of the many letters that have reached me. I am quite sure, however, readers will not begrudge our friends abroad this little favour once in a while, for apart from all other considerations, letters from physical culturists abroad are generally good reading for their *confrères* at home, and give a spice of variety to the ordinary home correspondence.—YOUR PRESIDENT.

The first that comes to hand is from a former medal winner, Mr. Reechan, of Napier, New Zealand. His story of why he took up physical culture, and his subsequent experiences, will, I am sure, be an wholesome example to others. He says:—

As a boy I was very much subject to fainting fits, and being told I ought to go in for some sort of exercise, I joined the Boys' Brigade; this was in Greenock, and before the Sandow System of Physical Culture was known, but I didn't get any stronger, and I fainted one night in the ranks while drilling. On another night I had to leave the ranks and go outside and sit down, or else I should have fainted again. I also fainted in one or two shops while buying goods.

At that time I was working in a sugar refinery, and I used to wake up more tired than when I went to bed, and I often used to think that, if life was going to be always like that, I would be better dead, and although I used to take part in out-door games, I could never keep going as other boys could. I remember, too, fainting once when playing football, and yet the funny part of it was, that I looked as strong and healthy as any of the other boys at my age.

I joined the Navy in 1896, and although I used to do exercises of a sort there, I knew there was something more wanted, and at the Naval Review of 1897 I started getting very ill, and I got my discharge in January, 1898. I went to sea in a merchant ship after that, and landed here in New Zealand nearly six years ago.

When I arrived in Christchurch I heard about Mr. Hornibrook and his School of Physical Culture, so you may be sure I wasn't slow to take advantage of learning the Sandow exercises of which I had heard a lot while I was at sea, and in three months' time I had gained more than ever I thought I would, maybe not so much muscularly as some others, but it was for my health mainly I took it up.

I am feeling much younger now than I did when in the Boys' Brigade in the old country. It has been an ambition of mine since starting the system to win a Sandow Medal, so you may guess I was delighted to win the Sandow Magazine Medal for June last. I hope and trust that any person who may read this letter, and suffers as I did, will make up his mind at once to go through a course of Sandow exercises.

All the way from Melbourne comes a complaint and a request. The author is Frank J. Prescott, of Jolimout, Melbourne, Australia, who has a magnificent record in various sports and as a physical culturist.

I was surprised (he says) at the medal for last August being won by such a small competitor. Seeing that you are giving away a Club Fellowship Medal to all senders of published experiences and photos., providing that such are readers and act up to your motto, "One may help many," I think that my brother and I

are certainly eligible for same, as we have been the means of bringing a great number of young men and women to see the immense benefits to be derived from systematical Physical Culture, by bringing others to the boxing and wrestling school where we spent three years, and by influencing others to become members of the swimming club where we have been for the past two years.

I was introduced to you and to Mr. Hackenschmidt when you were here, and watched the performances with great interest, as you undoubtedly watched the splendid performances of our late champion, B. B. Kieran. I had the pleasure of seeing him win all his championships in Victoria, before he went to England, and also saw him give an exhibition swim in Melbourne just before he died. We are very sorry that such a fine swimmer, with what appeared to be a remarkable future before him should be cut off so suddenly.

During the winter months, my brother and I have a number of young men at our house once a week, and we put them through the dumb-bell exercises first and then have several bouts of boxing and wrestling, followed by a shower bath, and send them home looking rosy and fresh, and anxiously looking forward to the following week. Our ages are twenty-three and twenty-one respectively, and as we are beginning to put on flesh, and become pretty "solid," we may, in the near future, be able to manage a good sized school, and teach the young idea to a greater extent than we are doing at present.

PHYSICAL CULTURE AND BEAUTY.

A charming foreign reader who is an enthusiastic Physical Culturist.

I hope my correspondent will bear in mind that in reproducing photographs of varying sizes as one picture printed from one block, the appearances of the various competitors, as the reader sees them frequently, gives a false impression of their comparative measurements. With reference to his request for the fellowship medal for himself and his brother, everyone will admit they both deserve, and I have pleasure in awarding one to himself and one to Mr. Horace H. Prescott, the brother in question. I hope, too, very shortly to receive the photo. of a group of pupils which my correspondent, in a postcript, promises to send.

After Australia, comes India. Mr. N. M. Whiter, of N.W. Railway, Karachi, Cault, India, wants a competition, I take it, specially for Indian natives and residents. I shall give the matter my earnest consideration. He writes:—

I have been using the Spring-Grip Dumb-bells for some time past, and have been rewarded with very good results.

I sent you two photos. of mine, in different positions, which you very kindly published in your mag. for April, 1902. Since then, I have been using the dumb-bells regularly.

I beg to ask you if there is any competition on at present, or any likelihood of there being one in the near future, in which we in India, who train according to your world-renowned system, may be allowed to compete for the prizes which you so kindly award to the winners.

Of course, Mr. Whiter is at any time at liberty to compete in our usual monthly competitions.

Mr. E. M. Cohen, who writes from Sheasby's Chambers, Market Street, South Africa, is a man with a grievance.

In perusing your magazine of the 22nd February last, he writes, I came across "No

Name's" letter and measurements. The contents of the former no doubt are true, because anyone following out your system of Physical Culture will materially benefit thereby, but I must say I have "me doots" as to the correctness of the figures of the measurements. As "No Name's" letter appears in your magazine of the 22nd ult., I infer that his letter was written in January last, and as his first measurements were taken on 3rd May, 1905, I take it he has been practising your system of Physical Culture for some eight months, and I must say I doubt that in that period he was able to increase the measurements of his calf and hip muscles 2½ inches. In my opinion, the calf and hip muscles (especially the latter) are the most difficult to develop, and how "No Name" managed to increase them, as he states, surprises me, and no doubt surprised many others of your readers. Perhaps he will be good enough to elucidate the matter, and, if need be, give his correct measurements and also his name. I do not wish to accuse "No Name" of having wilfully sent in false measurements, but I believe that the person who took his measurements on the 3rd May, 1905, and on the last occasion, is to blame for the phenomenal improvement in "No Name's" development.

As an old and constant reader of your magazine, and a follower of your system of Physical Culture, I venture to subscribe hereto my measurements, and to ask your opinion of them. I particularly wish to know which muscles are not proportionately developed (in comparison with the others). In a few months hence I intend entering for your Photo. Prize Competition (over 18), and I will then write you a long letter touching mainly on Physical Culture, which letter I trust will earn me your Club Fellowship Medal.

My present measurements are:

Age	22 years	Forearm (R & L)	10½ in.
Weight	11 lb.	Wrist (R & L	
Height	5ft. 4½ in.	Waist	
Chest (con)	33 in.	Hips	
Chest (in.)	31	Thigh (R)	
Chest (ex)	36	Thigh (L)	
Up. Arm (R con)	12½	Knee (R & L)	
Up. Arm (L con)	12½	Calf (R	
Up. Arm (R nor)	10½	Calf (L	
Up. Arm (L nor)	10½	Ankle (R & L	

I am always delighted to hear from Tommy Atkins, either at home or abroad, and the following comes from Mr. Gaines, a private in the Royal Sussex Regiment, at present stationed at Imtarfa, Malta.

I should think it an esteemed favour if you would permit me to join your Readers' Club. I am a constant reader of your weekly magazine, which is very useful to me, as I am an ardent follower of your system of Physical Culture. I use your Grip Dumb-bells, which I find very beneficial. They have been the means of my enjoying excellent health this last nine months. I've no doubt you are well aware that the climate in Malta is a very trying one, and, in my opinion, a soldier, if he wants to enjoy good health, could not do anything better than to follow your system at home or abroad. One will always find in the Army plenty of young fellows using your Grip Dumb-bells, but, much to my regret, I find, when reading your mag., that very few soldiers have joined your Club. I should strongly advise all my comrades to go in for your system, to become a member of the Readers' Club. I am certain they will not regret it. I shall be very pleased to subscribe. Would you be kind enough to forward me any instructions? Wishing you every success in your work, also your magazine.

I am pleased to tell this correspondent that no subscription is necessary, except the purchase of the magazine, and that by his contribution he finds himself the possessor of a Fellowship Medal. The same medal will go to any civilian or soldier who sends in a letter that is considered worthy of publication.

Mr. L. Skea, Box 373, Pretoria, sends me some news which I am reproducing in another part of the magazine. He says:-

Enclosed you will find two cuttings dealing with Ju-Jitsu, taken from the *Pretoria News*. Perhaps the reading will be of some interest to readers of your magazine.

I might state that the second match referred to, Apollo *v.* Collard, came off last night. Apollo said he would use a certain hold (which he showed the audience and Mr. Collard before the match) to defeat his opponent. Besides Mr. Collard, Apollo had two other challengers, one the Bantam Champion wrestler of South Africa (who was defeated in four minutes twenty-five seconds), and the other a Mr. Robinson (a follower of the Sandow System), who stood out seven minutes. Then came the chief bout of the evening. Apollo tried hard to defeat his opponent, but was unsuccessful, and at the end of ten minutes, the time limit, Mr. Collard received £10 and a gold medal.

People who say that Physical Culture makes one slow are simply talking *rot*. If they could have only seen the way Mr. Collard slipped around the stage they would soon dismiss the idea from their minds.

My readers will be interested to know that Mr. Collard is the principal of Sandow's School of Physical Culture in Pretoria.

The following modest request comes from "Cottonian," Bishop Cotton School, in the hills of Simla, India:

I saw in your magazine, dated the 21st of December, 1905, a piece of poetry, "The Exotic

Child." I wish to copy this piece for our school magazine, so I ask you if you would mind me doing so. I am a subscriber to your magazine. I shall look out for your answer in your magazine.

My correspondent, and, for that matter, any reader of the Magazine, is at all times at liberty to use any extract from these columns for reproduction either as a recitation or in print, but I trust they will always under such circumstances, have the courtesy to acknowledge the source whence it came.

Lastly comes the following enthusiastic letter from B. Stringfellow, of Bay Road, North Fremantle, Western Australia. His communication, like the first, may be helpful reading to others.

Being a reader of your valued magazine, I see that you have started a Readers' Club, so I am sending you a little of my experience. I have been using your system of Physical Culture for a little over twelve months now. I did not have the pleasure of seeing you while on your visit to Australia, as I did not take any interest in such a thing as Physical Culture. But a mate of mine in Sydney, N.S.W., happened to see you, and was so impressed with your development that he decided to take it on. He has still kept up to it, and he is more than satisfied with the results, and is the possessor of a development that anybody would be proud of. Eighteen months ago he came to the Golden West, and as we work together, he advised me to take it on, which I did. I exercise every morning with the Spring Grips, and find them the best, also at night with your Chest Expander. It is a pleasure to me to rise every morning and go through your exercises, as once I was always sick, but now sickness seems to be a thing of the past. I am always advising my shop-mates to give it a trial, and have been the means of seeing some take it up. If people could only realise the value that there is in Physical Culture they would not hesitate a day in following out your system. I have gained a good all-round development, and as my work of a blacksmith is somewhat laborious, I am now able, through having a sound body, to go through my work with ease, whereas, before, I would soon get "knocked up." I have written this letter as it may be the means of others following my example and gain something that will make life worth living, that is—health and strength.

This letter is an admirable refutation of the argument that men who do hard manual work do not need physical culture. Here is a blacksmith, of all men in the world, proving to the contrary that physical culture enables him to last out better at his own severe daily employment.

THE PRESIDENT.

Letters also received from the following, but are scarcely original or fresh enough to merit insertion (try again):—J. Reed (Durham), J. W. Greasley (Hull), E. Fox (Dover), J. H. Donkin (Crawcrook), J. A. Hopkins (Grimsby), J. Matthews (Cardiff), Syd. Perry (Denaby Main).

Toast no Tax.

Some people contend that toast is indigestible, that it causes flatulence and heart-burn, or inconvenient illnesses. Yet here is the staid and generally reliable *Lancet* telling us that toast when well toasted is more easy of digestion than bread. It is, by the way, more palatable, and has a more pleasing flavour. Hence its popularity. In a similar way, the *Lancet* points out, the crusty part of bread is chosen by a good many people because it possesses a flavour analogous in a way to that of toast. We think a good deal of the popularity of toast is due to the belief that it is less fattening than bread. Its higher digestibility, however, proves that it is more fattening. As our contemporary points out also, toast places a lighter tax on the digestive functions, since during its preparation some of the starch grains of the flour are ruptured, while some are converted into dextrin, which is easily soluble. Further, the crispness of toast necessitates its being completely moistened in the mouth before it can be swallowed. As a rule, therefore, toast is thoroughly submitted to the action of the preliminary digestive process in the mouth. It is important, however, that toast should be crisp all through, as otherwise the internal portions tend to become plastic and soft like new bread and, like it, difficult of digestion if not thoroughly masticated. But fat people must not trust to toast for their cure.

Certain experiments made upon Entozoa tend to show that the sources of muscular power in animals do not exclusively reside in the process of oxidation, but in the decompositions which take place in their food. Hence the less body-heat is required, the less is the need for oxygen.

Dr. Carter Moffat maintained that the presence of hydrogen peroxide in the air and dew of Italy had some connection with the beauty of the Italian vocal tones.

It is affirmed that among the fishes most commonly eaten the cod is poorest in total solid matter, in albuminous compounds and in fat.

Bits from the World's Press.

London's Ice Supply.

London uses in one way or another 200,000 tons of ice a year. Although a great deal of ice is made artificially, most of that consumed is natural and Norwegian. The Norwegian ice crop in an average winter varies from half a million to 600,000 tons. At least half of this comes to the United Kingdom, the rest going to the Continent.—*The Family Doctor.*

The Outdoor Spirit.

The out-door spirit tends to simplicity in the home-life. After a ramble in the country, one can relish the simplest food. Strong tea or coffee loses its charms! Highly-seasoned and complicated dishes become odious. Lavish ornament also seems tawdry and out of place. Even one's reading tastes undergo improvement. Cheap, sentimental novels do not meet the wants of the young woman who spends as much as possible of her leisure time out of doors. Little worries shrink to their real proportions, and are seen to be insignificant. The whole caste of the mind is improved, and life takes on a larger and fuller meaning.—M. Ellsworth Olsen, in *Good Health.*

Result of Competition.

In our issue of March 22nd the following Prize Competitions were announced:

1. For the Best Article on any subject appertaining to Physical Culture or Health. Length not to exceed 1,000 words. 1st Prize: Complete Course of Personal (12 Lessons) or Correspondence (about 34 Lessons).

2. For the Best Humorous Poem dealing with Physical Culture. Length not to exceed 100 lines. 1st Prize: Complete Correspondence Course, as above. Entries close April 18th.

3. For the Best Humorous Sketch connected with Physical Culture, drawn in line or wash. 1st Prize: Complete Correspondence Course, as above. Entries close May 1st.

The Winner of the First Competition is Wm. Turnbull, Almond Bank, Perth, who is entitled to the benefit of a Course of Free Lessons in Self-Defence and Jiu-jitsu from Prof. Garrud, the well-known instructor. The Winner of the Second Competition is F. Arthur Mansfield, 30, Woodstock Road, Redland, Bristol; and the Winner of the Third Competition is Frances Maud Jeffery, The Villa, Bexley Heath.

Unfortunately none of the Competitors who sent in were considered up to a sufficient standard of merit to win the Second and Third Prizes offered.

Tea-Drinking and Typhoid.

It is said on the high authority of a celebrated American medical journal that, although the Chinese people live in a germ-saturated soil, they are singularly free from typhoid fever and other diseases, of which water is the medium of communication. This condition is attributed to the universal custom of copious tea-drinking.—*Boston Globe.*

New Illness Wanted.

Just at present a novel ailment is much wanted. Appendicitis is becoming *démodé;* many people recover miraculously from it without an operation, who a year ago would have been content with nothing less than Sir Frederick Treves and a nursing home. There has been a slight attempt to introduce Platonic melancholia, but it is neither contagious nor has a thrill of fatality.—*Lady's Pictorial.*

London's Wild Birds.

Many wild birds and animals are to be found in and about London. A correspondent of *The Times* gives many instances. Kingfishers, dabchicks, moorhens, and ring plovers frequently visit St. James's Park, and one of the latest arrivals is the wood-pigeon. Sydenham Hill has sheltered jays and weasels and squirrels, chaffinches, and woodwrens can be seen near Forest Hill Station. Two nightingales were recently heard in Battersea Park, which is sometimes visited by linnets and thrushes. The most curious visitors Hyde Park ever had were albino "blackbirds." They disappeared after a short stay. Greenwich Park has a number of the rarer birds, and squirrels have also been seen. About a week or so ago a snake 2 feet long was killed near the park gates opening on to Blackheath.

No Mid-day Meal.

"Beware of the mid-day lunch" was the warning of Dr. Edward F. Willoughby, in a recent lecture at the Hygienic Institute, Devonshire Street, on "Dietaries: Exercises and Deficiency." "The mid-day luncheon is a very bad habit," continued the lecturer, "because the stomach is not then prepared to receive more food, nor has it had time to rest from the labour of disposing of the morning meal." Six hours at least should elapse between meals. Judging from our own experience, we consider this very sound advice, especially for those who get but little physical exercise. The noon-breakfast—as the no-breakfast plan is now correctly named—is the system many now enjoy. But any plan that makes it easy for us to eat less is desirable, and worthy of serious attention. Even vegetarians are not free from the harmful habit of eating more food than nature requires.—*Vegetarian.*

THE LADY GARDENER.

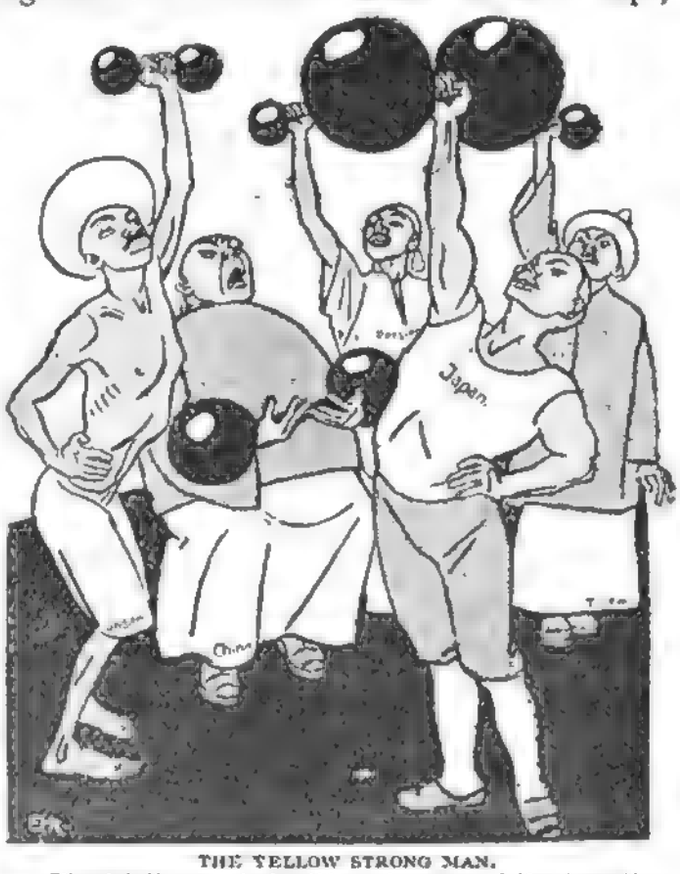
Health, Pleasure, and Profit in the World's Oldest Profession.

By FRANCES G. WOLSLEY.

I CANNOT picture a pleasanter employment for a lady than that of gardening if she does not mind hard work.

It is a very refined occupation, and brings her in contact with nice things. A garden "is the purest of human pleasures. It is the greatest refreshment to the spirits of man," says Bacon.

There are many ladies with limited means who have to choose a profession. There are many who are unfit for indoor life and could not endure the stuffy atmosphere of a typewriter's office. They would not have sufficient freedom if they took a post as companion to a lady, and if they have no gift for teaching they would not like the life of a governess. To all these, if they love outdoor life, the profession of lady gardener will appeal.



THE YELLOW STRONG MAN.
The Asiatic races look with envious eyes at the strength of the wiry little Jap.

The lady gardener must not think that she can at once earn a living. It will take her some years of arduous training before she is competent to manage even a small garden.

Most of the colleges for teaching ladies agriculture and gardening were opened in 1900 and 1901. The training they give lasts about two years, and consequently there are at the present moment a considerable number of ladies who have been through a college course and consider themselves qualified to take posts as head gardeners or single-handed gardeners in private gardens.

Having learned how to plan a good system of work the lady is likely to find employment in any of the three following capacities: —

(1) As head gardener, where ten or more men are kept, she would superintend and direct all work in the flower garden, kitchen garden and under glass.

(2) A lady should be able to work herself a small flower garden of one acre, provided no vegetables are grown, as they need hard manual labour. With the assistance of a lad when pressure of work occurs she should be able herself to mow and roll the lawn, dig the borders, and keep the place perfectly tidy.

(3) For the unambitious lady there is an opening if she cares to attend to villa gardens in a country town or in a suburb of London. She can also go out to private houses to arrange flowers for dinner parties.

The idea of employing women gardeners is received favourably by most people, and many are willing to try how it answers. It is greatly to be hoped, however, that the pioneer of a new profession will fully appreciate the importance of thoroughly understanding every branch of her work before she asks for a salary.

TIPS ON TENNIS.

BY THE LADY CHAMPION OF ENGLAND.

A SPORT which absorbs the whole personality, and not only commands limb and muscle, but heart, eye, and brain—so lawn tennis is described by Miss D. K. Douglas in an interesting article in the *Young Woman*, in which she gives some valuable hints as to how to succeed in the game:—

For serious lawn tennis, not the garden-party variety, it goes without saying that to succeed one must be in the pink of condition and feel perfectly fit. The very best way of improving at lawn tennis is to play in the various tournaments held all over the country.

Many people, I find, have an idea that the best players in the tournaments are professionals. This is not so; there are no professional lawn tennis players, except a few markers at some of the large men's clubs, and no professionals ever play in tournaments.

When you are practising you must not think of winning or losing so much as improving your weak strokes; find out all your weak strokes, and try to remedy them.

In a match or a tournament, of course, you avoid all your weak strokes as much as you possibly can, but it is so much lost time to keep on playing your best strokes in practice, without an effort to strengthen what is weak. Naturally, without such effort they are always weak.

Playing against a brick wall is simple and effectual, for it means a hard and varied return, which affords good practice.

To play against anyone less proficient than yourself will do harm, for it allows you to grow slack, and slackness is fatal to good play.

The racket is a potent factor that deserves serious consideration:

First, *it must be well made*. It is quite hopeless to attempt improvement if you play with an indifferently made racket. We have so many good makers now that it is fortunately quite as easy to get a good as a bad one.

The second thing to be remembered is *the racket must suit you*—you mind, not A, B, or C, however splendidly they may do, but you who are going to use it. Take pains, therefore, to find out the weight, balance, shape, and grip which suit you best, and when you have chosen practice with it thoroughly. It is a good plan to keep an old racket in reserve for use in wet weather, as wet is a keen foe to weal in highly-strung gut.

Miss Douglas sums up her golden rules as follows:—

1. Keep your eye on the ball.
2. Keep your mind on the game.
3. Keep perfect control of the temper.
4. Keep your heart in the game, and
5. Keep your method on the move.

Vary your manner of play, so as to adapt it better in order to counteract that of your opponent. It is always a mistake to keep up a method of attack or defence if it is not successful. A change of tactics has often meant a change of fortune in the game.

Millions of Bathers.

In a return issued by the London County Council, giving statistics relative to public baths and washhouses, the number open to the public in the various metropolitan boroughs last March was 45, all of which were provided with private baths, 41 with swimming baths, and 32 with washhouses. The private baths were used by 3,064,098 persons, 3,277,160 persons were admitted to the swimming baths, 383,401 being females; and at the washhouses the number of washers was 809,492, who used 2,434,731 hours, or 2.08 hours each. The receipts were £104,306, which necessitated £155,787 being levied on the rates.

President Roosevelt wishes laws to be enacted to keep out all immigrants who do not show that they have the right stuff in them, to enter into life on terms of decent equality with American citizens.

IN THE ARENA OF SPORT.

Prof. Wm. Garrud writes: "The accompanying photo illustrates a boxer about to be thrown by a Ju-Jutsian, the method employed being what is called the "Scissors." Prof. Wm. H. Garrud, the boxer in the illustration, has led off at his opponent's face with his left. Prof. S. K. Uyenishi, the Ju-jutsian, has immediately ducked and countered with a most effective Ju-jutsu trick, throwing the boxer violently to the ground upon his back, and instantly placing him *hors de combat* by seizing the leg and securing what is known as a leg-lock, the effect of which is to so damage the "soleus" muscle that it is impossible to place the foot to the ground when attempting to stand up again. A full explanation of how to do this trick will be sent to any reader of SANDOW'S MAGAZINE sending three penny stamps to 7, Featherstone Buildings, Holborn, W.C. The method will be taught to any reader in London who calls at the above School, for one shilling. It must not be supposed that the above-mentioned trick is the only one which can be used against a boxer; on the contrary, there are numerous tricks which can be executed quite as effectively, and there is a counter for every hit which a scientific—or, for the matter of that, an unscientific—assailant would be likely to make, not only in boxing, but in catch-as-catch-can wrestling. I shall have much pleasure in dealing with Ju-Jutsu *versus* Wrestling in another number of this valuable magazine.

Death while Wrestling.

Two brothers, named Edward and Walter Yeats, residing at Preston, after discussing in a friendly manner the match between Hackenschmidt and Madrali, commenced wrestling on their own account on the hearthrug. Edward, who was the elder, threw his brother, and immediately fell forward in a fainting condition. Every effort was made to restore him, but without success, and he succumbed to heart failure, due to excessive exercise.

Australians' Captain Retires.

It is at last definitely given out that Joe Darling, who captained the Australian cricketers on their last tour in England, is retiring from first-class cricket. He has bought a big station at Mount Barker, in South Australia, and intends to go in for sheep rearing on a large scale.

Tennis Team from U.S.A.

The American team for the international tennis tournament has been selected and is composed of the following: Beals C. Wright, Hocombe Ward, Keigh Collins and Ray D. Little. The team will go to England and try to recapture the Dwight Davis international trophy. The first meeting will be at Liverpool, June 1. Only the finals will be played in London, June 15 to 18.

Quoits most Popular.

The game of quoits, said to be a variation of the old Greek exercise of discus-throwing, has received a great impetus during the season, and many clubs have been formed in the suburbs of London. Quoits is essentially a game of the working man. It is also popular among military men, as it is not only diverting, but also a fine physical exercise. The demand for quoits just now almost exceeds the supply, the most popular weight being from 6 lb. to 7 lb. The renewed interest in the game is largely due to the fact that factory owners have given their employés more opportunities for sport.

Football Transfers and Re-engagements.

Southampton have signed on Glen, who during the past season played at inside left for Tottenham Hotspur, and have also secured the signature of Bowden (half-back), of West Bromwich Albion. Clawley (goal), Blacklin and Clarke (backs), Hogg (half-back), Harrison, Jeffries, and Mouncher have all been retained.

Brighton and Hove Albion have secured the signatures of the following players: Hulme, Joynes, Allsopp, Lumley, Kent, Anthony, and Beale, all of whom played for the club during the past season.

The Bolton Wanderers have signed on James Rigby, a local player, who has done well for Accrington Stanley at left back. Rigby helped this club to win the championship of the First Division of the Lancashire Combination, and is 21 years of age and 5 ft. 7 in. in height.

Cartlidge, Pudan, Appleby, Jarvie, Smart, Clarke, and Hales have been re-engaged by the Bristol Rovers. Taylor has been transferred to Brentford. Some surprise is felt locally that Hugh Dunn has not yet been signed on again. Dunn would be entitled to a benefit next season if re-engaged, and has been a most consistent and regular player for the Rovers during the last five years.

The following have signed on for West Bromwich Albion: Stringer, Picken, Jones, J. Williams, Pennington, Adams, A. Hemmings, Langley (St. Michael's), Randle, Pheasant, Manners, Peters, T. Heywood, R. Williams, Stansworth, Rankin, Buck (Plymouth Argyle), Broad, Parkes, Coombs, Wood, F. Shinton, Mason (centre-forward, Willenhall Swifts), A. Heywood, Dilly, and Perkins.

Questions and Answers

— AND —

Hints from Sandow.

Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, it must be remembered that space is limited, and I CANNOT *prescribe courses here.*

Knock-Knees a Torture.

M. M. (no address): It is only about six weeks now since I had the pleasure of making the acquaintance of your splendid magazine. Since then I have had a strong desire to improve my physique. I am sixteen years old, but am very tall for my age, being 5 ft. 8½ ins. I am rather slim, but, worst of all, I have the misfortune to be knock-kneed, so you see I am strongly handicapped. Now, I have heard of so many different cures for knock-knees that I am quite in a fix, so I thought I would ask your advice before I tried any. I have heard of chaps who have been cured by placing boards between their knees at night. I have read of people who have been cured by the following of certain exercises. But some folk say the best, quickest, and surest way is to go under an operation, and get the legs straightened. Which cure would you advise me to try? The following are my present measurements:—

Age	16 years	Thigh (R)	19 in.
Height	5 ft. 8½ in.	Thigh (L)	18¾
Weight (in clothes)	9 st. 10 lb.	Calf (R exp)	13½
Chest (con)	34 in.	Calf (L exp)	13
Chest (nor)	31½	Bicep (R exp)	10½
Chest (exp)	36½	Bicep (L exp)	10½
Waist	28½	Forearm (R)	10½
Hips	35½	Forearm (L)	9½
Neck	14	Ankles	9
Wrists	7	Knee (R)	13½
		Knee (L)	13½

Don't you think they are awfully poor for my size? I am always wishing I would stop growing for a while. There is no way in which I can stop my growth, I suppose. I hardly ever go out-of-doors but I am cried at, and from every corner comes that terrible cry (terrible to me) of "Look at that long freak," etc., till life is torture to me, and I often wish I were dead. Should I get a Developer and a pair of your Grip Dumb-bells and "stick" in? I have never been bothered with ill-health. I used to be an awful "fatty" when I was little, too, and it seems queer that I have become so thin these few years back. I hope you will advise me in "Hints from Sandow" as soon as possible, and I shall feel greatly obliged. Don't you think my waist measurement is very poor? Can you give me any idea of what my measurements ought to be?

Answer: At your age I should not care to say, especially without examination, that an operation is essential to your strengthening your legs. You see, you have run up very quickly. You have not "filled out" in-proportion to your growth upward. In the first place I would advise you to go in for a course of Physical Culture with Developer and Grip Dumb-bells. The general exercises with these will increase your strength all round. You might also obtain a copy of that very good little work on leg development by Cycle Champion Trainer, Leigh-on-Sea. It was advertised in a recent issue. Your measurements certainly show plenty of room for improvement, and without bothering about what they ought to be, make up your mind to alter them to what they can be. The addition of Plasmon to your dietary would also help to build up your strength in an additional way.

Gold Medal Photo. Competition.

H. J. D. (East Liss, Hants) writes: Having obtained Sandow's Combined Developer, I should like to try for his gold medal for a three months' course. So will you kindly send me a form.

Answer: You will see coupon (to fill up) and full particulars in an early issue.

More than Mere Hints

Are necessary to enable those readers who are threatened with, or are actually suffering from, such serious ailments as lack of energy, nervous disorders, indigestion, anæmia, liver troubles, constipation, and other bodily derangements, to attain to the highest standard of health and strength.

In the re-building of a sound body and brain, strong and healthy in every part, it is absolutely necessary to success to remedy every weak spot, otherwise there is danger of its breakdown at some time of need.

There are thousands of even well-developed physical culturists with weak points, for it is quite easy to build muscle on a body not sound in every part—just as it is easy to paint an unsound bridge and make it look alright.

If you are conscious of being troubled with any of the ailments—even if the symptoms are only temporary—mentioned in first paragraph, you *should* be fully conscious of their existence as weak points in your constitution.

Given a proper understanding of yourself, you are in a position to make good those weak points.

Just how to do this—how to accomplish this in the surest and quickest and most effective way—is explained and illustrated in a book to which you, as a reader of this Magazine, are entitled to receive quite free of charge on written application to

EUGEN SANDOW, Post. Inst., Dept. S.,
Basing House, Basinghall Street, London, E.C.

Too Hairy.

C. C. (Wellington, N.Z.) writes: I would be very pleased if you could tell me how to remove the hair from my body permanently. My body is very near covered, and it looks horrible when I am in my bathing costume. I have tried all kinds of Dipilatories, but without success.

Answer: There is no lasting cure for what is a constitutional peculiarity. But there is no need for you to be hypersensitive upon this matter. It does not betoken anything of which you can feel ashamed. As far as appearance when bathing is concerned, why not wear the combination swimming costume as required by the swimming authorities in Great Britain. If you cannot obtain one in New Zealand, you might send to the Appliances Dept. of this Magazine. The price is about 3s. 6d.

Tennis or Physical Culture.

"Enrico" (Forest Hill) writes: May I crave your valuable advice in this matter. I am an ardent physical culturist, and have my twenty minutes or more exercise, followed by bath every morning, and, of course, am greatly benefited thereby. Next door to us a fine tennis court has been laid, and my brother and self have been permitted to play there in the morning all through the summer. Not having time for both Physical Culture and tennis, I want to know which you would advise me to do—have twenty minutes' culture, as at present, or an hour or less at tennis.

Answer: Tennis is a very fine aid to Physical Culture. But is it necessary to forswear either? You might have tennis one day and Physical Culture the next. This would make an ideal combination, and I imagine would be more interesting than exclusive devotion to either day after day. Or you might practice Physical Culture in the evenings, or, again, change and change about for sake of variety.

Cramp.

C. S. (Leeds) writes: Could you please advise me what to do in a case like this: After exercising, or while stretching the muscles in any way, I have cramp all over my body. I cannot understand it at all. Sometimes, while tying my bootlaces, I have cramp in the body, running up into the neck. I always rub embrocation in before retiring, but I have not been any better. I should be very pleased to see a reply in your magazine, which I take regularly.

Answer: I fear you have contracted rheumatism or rheumatic gout, or it may be lumbago.

U.S. Army Records.

The following is a copy of a U.S. surgeon's certificate, furnished in aid of a soldier's claim for bounty, and now on file in the War Department: "May the 10 I her By certify on honour that I ——, a praction phission waighton and treat — — —— Co. — R. Inftry who died at home in J—— county who was on sick furlow with chronic disntary. —— —— A pract phison." Another "praction phission" certified that a certain soldier died of "information on the brain"; another, that a death was caused by "disease contracted for in the service"; and another, that the disease of which a soldier died was "new money."

Two National Scourges.

An interesting booklet has been issued giving particulars of the national movement against consumption and cancer inaugurated by *The Practitioner*.

Determined that the good work already being carried on should not be impeded by want of funds, the promoters of the movement have hit upon a novel scheme, which will make everybody anxious to take part in the crusades, inasmuch as benefits of substantial character are conferred in time of accident or illness.

The booklet can be obtained free of charge upon application to the offices of 167, Strand, W.C.

802 Feet of Recruits.

The London Scottish Rifle Volunteers have been making great efforts to counteract the recruiting slump which followed upon the inauguration of more stringent terms of service.

At a regimental concert held recently, Major Malcolm said that since November 1, 141 recruits had been obtained. Sergeant Martin, who is responsible for the recruiting, added an original note to the usual bald statement of figures by making the calculation that the age of the 141 recruits was 3,103 years, the total height 802 ft., and the total weight, stripped, nine tons.

Vivid.

Describing the ruthless treatment to which a man of highly-strung artistic temperament was subjected, Mr. Cosmo Hamilton, in his book, "Nature's Vagabond," says: "He felt, although he wouldn't have owned to it, like a treble note upon a cheap nursery piano, which had been banged with the end of a dumb-bell."

The writer of an article in *The Forum* says that the result of actual experiments prove the benefits to be derived from the school-feeding of children. He is in a position, he states, to testify to the wonderful change in the physique of the children—1,200 in number—in the day industrial schools of Liverpool. These little ones all belong to the lowest strata of society, and live in slumdom. Fed thrice a day by the late school board and now by the Liverpool City Council, they manifest the benefits of good food regularly supplied.

Our Readers' Library.

Any of these Books can be obtained direct and by return post from Our Readers' Library Department, Sandow's Magazine, 131, Temple Chambers, E.C.

Physical Culture,

Founded on Del-Sartean principles, with Lessons on Exercising, Walking, Breathing, Resting, Sleeping, Dress, etc. Illustrated. By CARRICA LE FAVRE. 1s., post free 1s. 2d.; or cloth, 3s.

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Practical Methods to Ensure Success

Is a little book containing extraordinary facts governing human life. The methods not alone quicken body, mind, and soul, but when adopted fully they make the turning point in one's life. If you are not the success that you wish to be; if there is something wrong and you do not know just what—perhaps a condition of mind or health that has caused years of anxious hope and disappointment—would you give One Shilling to know why? This books tells why, and how to remove difficulties. Price 1s. 2d. post free.

Ars Vivendi.

By ARTHUR LOVELL. Revised and enlarged edition; 145 pages, with index. Price 2s. net, post free, 2s. 3d. Contents: Preface—Introduction—Water, Light and Diet—Breathing—Physical Culture—Transference of Nerve Energy and Suggestion—Mental Vigour—Power of Will—Imagination—Concentration—Manners—Vril and Individual Influence—Symbology of the Developed Man.

The Hindu-Yogi Science of Breath.

A Complete Manual of the Oriental Philosophy of Physical, Mental, Psychic, and Spiritual Development by the Intelligent Control of the Breath By YOGI RAMACHARAKA. Price, 2s. 9d., post free.

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By JOSEPH RALPH. Being a Working Outline of the Principles Involved in Health Building; also a little Cursory Dissertation on some Current Fallacies. Price, 1s. 2d., post free.

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ALDWYCH—At 8, "The Beauty of Bath." Mat. Sat. at 2.

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CRITERION—At 8.30, "The Little Stranger." Mat. Wed. and Sat. at 3.

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WALDORF—At 8.30, "The Second in Command." Mat. Wed. and Sat. at 2.30.

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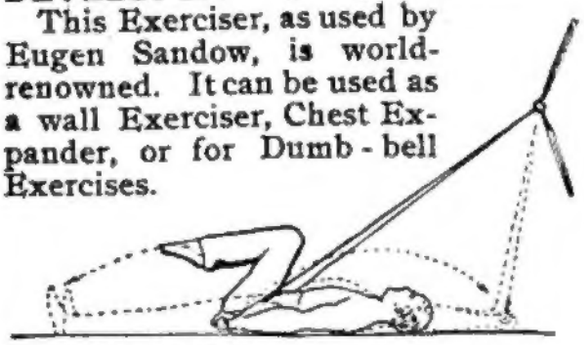

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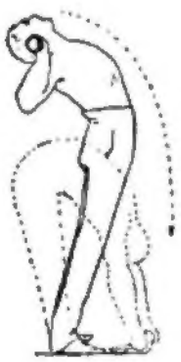

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